

### **Available Daily**

### **BREAKFAST ITEMS SERVED DAILY**

ASSORTED CEREALS, POP TARTS, DONUTS & MUFFINS

ASSORTED FRUIT, JUICE AND MILK

**MONDAYS: CINNI MINIS OR BAGELFULS** 

**TUESDAYS: BACON EGG AND CHEESE** 

**CROISSANT** 

WEDNESDAYS: CHOCOLATE CHIP WAFFLE

**THURSDAYS: BACON EGG AND CHEESE** 

**ENGLISH MUFFIN** 

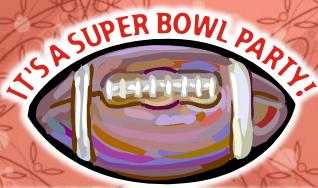
FRIDAYS: SAUSAGE EGG AND CHEESE

**CROISSANT** 

### **LUNCH ITEMS SERVED DAILY**

UNCRUSTABLE SANDWICH SPECIALTY SANDWICH SPECIALTY SALADS





# JOIN US FOR GREAT FOOD & FUN! FRIDAY, FEBRUARY 9th



## TRUST YOUR HEART.

Your heart knows: WHAT
TIME you eat matters.
Eating a healthy meal
early in the day is
linked to a lower risk of
heart attack, while eating
late at night before bed is
linked to an increased risk.
Listen to your heart!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. WELLNESS IS A WAY OF LIFE!

# eatfit wanna stay fit? gotta eat right!

<u>item</u>: hot peppers <u>verdict</u>: FIRE!!!

tip: Turns out that setting your mouth ablaze can be good for you. Hot chili peppers like habañeros, scotch bonnets, and jalapeños contain a substance called "capsaicin" that is a powerful pain reliever and that also helps curb the appetite, speed up metabolism, and burn up to 100 extra calories. The hotter

the pepper the more capsaicin, so go on -- feel the burn!



Featured Specials of the

Monday, February 12
1.CHICKEN QUESADILLA
2.CHEESEBURGER

Tuesday, February 13
1.PORK DUMPLINGS
2.CHICKEN FILET SANDWICH

Wednesday, February 14
1.PASTA BAR

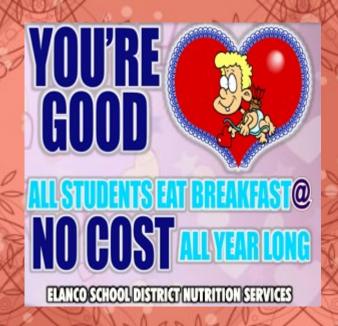
2.MEATBALL SUB

**VALENTINE TREAT** 

Thursday, February 15
1.PIZZA

2.CHICKEN TENDERS

Friday, February 16
INSERVICE DAY
NO SCHOOL TODAY





TEACHERS RECEIVE MORE VALENTINES THAN ANYONE ELSE, FOLLOWED BY CHILDREN, MOTHERS, WIVES, AND PETS



Tuesday, February 20
1.LASAGNA ROLL-UP
2.CHICKEN FILET SANDWICH

Wednesday, February 21
1.SUBWAY SANDWICH-\$3.50
2.PORK BBBQ WITH MAC AND CHEESE

Thursday, February 22
1.0VEN BAKED CHICKEN

**2.BOSCO STICKS WITH MEATBALLS** 

Friday, February 23

1.SHRIMP POPPERS WITH CHEESE STICK AND CORNBREAD 2.PIZZA

Monday, February 26
1.MAX STICKS
2.CHEESEBURGER

Tuesday, February 27

1.WALKING TACO WITH DORITOS

2.CHICKEN FILET SANDWICH

Wednesday, February 28
1.POPCORN CHICKEN BOWL
2.CHICKEN ALFREDO

Thursday, February 29

1.FRENCH TOAST STICKS
WITH SAUSAGE
2.CHEESE OMELET