

# Junior High Menu

February

Every lunch includes a choice of milk.

Monday	Tuesday	Wednesday	Thursday	Friday
4 Chicken Pot Pie or Burger Seasoned Vegetables Fresh Salad w/ Toppings Fruit Cup	5 Build Your Own Tacos or Crisпитos Charro Beans Spanish Rice Homemade Salsa Fresh Salad w/ Toppings Fruit Cup	6 Popcorn Chicken Crispy Chicken Salad Hot Roll Mashed Potatoes Seasoned Vegetables Fresh Salad w/ Toppings Banana Sundaes	7 Calzones or Pizza Steamed Vegetables Fresh Salad w/ Toppings Banana Sundae	8 Chicken Sandwich or Corn Dog Basket French Fries Fresh Salad w/ Toppings Fresh Fruit
11 Homemade Meatloaf Chicken Fried Steaks Hot Roll Mashed Potatoes Seasoned Green Beans Fresh Salad w/ Toppings Fruit Cup	12 Build Your Own Tacos Spanish Rice Refried Beans Fresh Salad w/ Toppings Homemade Salsa Fruit Cup	13 Asian Bowl or Burger Steamed Vegetables Fresh Salad w/ Toppings Fruit Cup	14 Chicken Alfredo with Garlic Bread or Pizza Steamed Broccoli Fresh Salad w/ Toppings Fruit Wiggles	15 BBQ Bacon Burger or Chicken Strip Basket French Fries Fresh Salad w/ Toppings Fresh Fruit
18 Enjoy Your Day Off!	19 Build your Own Tacos or Taco Salad Spanish Rice Charro Beans Fresh Salad w/ Toppings Homemade Salsa Fruit Cup	20 Homemade Pigs in a Blanket or Corn Dog Baked Beans Fresh Salad w/ Toppings Fruit Cup	21 Spaghetti with Meat Sauce with Garlic Toast or Pizza Seasoned Vegetables Fresh Salad w/ Toppings Banana Sundae	22 Cheese Burger or Hot Dog Basket French Fries Fresh Salad w/ Toppings Fresh Fruit
25 Homemade Salisbury Steaks or Popcorn Chicken Hot Roll Mashed Potatoes Seasoned Green Beans Fresh Salad w/ Toppings Fruit Cup	26 Build Your Own Tacos or Crisпитos Spanish Rice Refried Beans Fresh Salad w/ Toppings Homemade Salsa Fruit Cup	27 Chicken & Waffles or Burger Steamed Vegetables Fresh Salad w/ Toppings Fruit Cup	28 Spaganza with Garlic Toast or Pizza Seasoned Sweet Corn Fresh Salad w/ Toppings Frosty Fruit	March 1 Chicken Sandwich or BBQ on Bun Basket French Fries Fresh Salad w/ Toppings Fresh Fruit

## Ways Physical Activity Can Change Your Day

1. Sleep tight: being physically active can help you improve your sleep.
2. Improve your mood: Physical activity can give you a better attitude and an extra energy boost during the day.
3. Fuel your brain: Twenty minutes of physical activity before starting your homework can help you unwind from the day and improve your concentration.
4. Bond with buddies: Engaging in physical activity with your friends is a great way to bond with your friends and even make new ones.



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 & 3:	Biscuits & Gravy	Scrambled Eggs with Bacon & Toast	Honey Bun w/ Sausage Link	Breakfast Pizza	Bacon & Eggs with Hot Biscuit
Week 2 & 4:	Pancakes with Fruit Topping	Ham & Cheese Croissant	Muffin & Yogurt	Chicken Biscuits	Bacon & Eggs with Hot Biscuit

An option of Cereal & Toast, Fresh Fruit or Fruit Cup, and a Choice of Juice and Milk are also offered everyday.