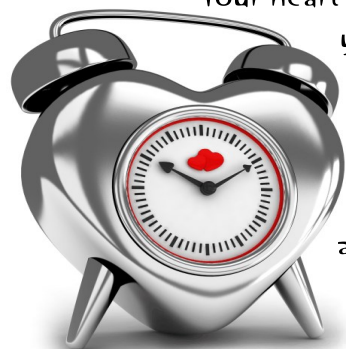


TRUST YOUR HEART.

Your heart knows: WHAT TIME you eat matters.

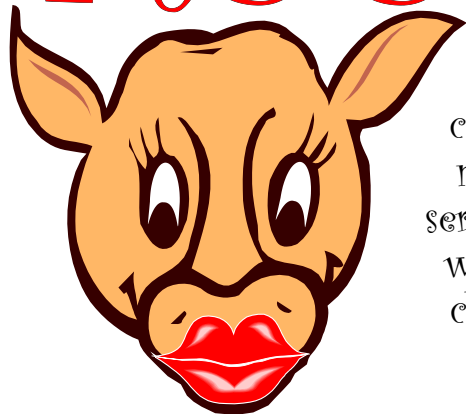


Eating a healthy meal early in the day is linked to a lower risk of heart attack, while eating late at night before bed is linked to an increased risk. Listen to your heart!

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

54 BY THE NUMBERS
PERCENTAGE OF TEENS WHO
REPORT BEING AFRAID OF
TRYING OUT OR AUDITIONING

MOOch!



Every complete meal we serve comes with your choice of milk!

Featured Specials of the Day

Monday, February 10

Mozzarella Cheese Sticks, w/Dipping sauce,
Green Beans, Garden Salad, Veggie Pack,
Fruit & Milk

Tuesday, February 11

**President Primary
NO SCHOOL
TODAY**

Wednesday, February 12

Roasted Turkey, Mashed Potatoes W/Gravy
w/g Dinner Roll, Broccoli, Veggie Pack,
Garden Salad, Fresh, Fruit & Milk

Thursday, February 13

Chicken on a w/g Bun, Baked Waffle Fries,
Sweet Corn, Baked Beans, Garden Salad,
Veggie Pack, Fruit, Milk & Juice

Friday, February 14

Cook's Choice
Garden Salad, Veggie Pack, Fruit & Milk
Ice Cream Treat



Featured Specials of the Day

Monday, February 17



**NO SCHOOL
TODAY**



Tuesday, February 18

Fish Taco Boats, Cheese, Refried Beans,
Sweet Corn, Salsa, Lettuce, Cole Slaw,
Garden Salad, Veggie Pack,
Juice, Fruit & Milk
Fresh Baked Cookie

Wednesday, February 19

Breakfast for Lunch ~ Waffle Sticks,
Sausage Patty, Egg patty, Garden Salad,
Veggie Pack, Fruit & Milk

Thursday, February 20

Pasta Bar ~ Pasta w/meat sauce or Chicken
Alfredo, Cheesy Garlic Bread Stick,
Garden Salad, Veggie Pack, Fruit, Milk

Friday, February 21

Cook's Choice
Garden Salad, Veggie Pack, Fruit & Milk

Menus for February

Fairgrounds Middle School



Swans are one of the few animals that will mate for life!

Happy Valentine's Day!

This institution is an equal opportunity provider and employer.



Available Daily

Deli Sandwich Made to Order
(Turkey, Ham, Tuna, etc.)
Salad Bar Meal w/WG Bread
Yogurt Parfait Meal

Additional Meal Choices Available
All Meals Served with Choice of
Veggies, Fruit & Milk

Assorted Breakfast Meals Daily!!
Menu is Subject to Change!

Featured Specials of the Day

Monday, February 3

Chicken Tenders, Seasoned Rice, Steamed Broccoli, Garden Salad, Veggie Pack, Fruit & Milk

Tuesday, February 4

Seasoned Beef Nachos Supreme, Cheese, Refried Beans, Salsa, Sweet Corn, Garden Salad, Veggie Pack, Juice, Fruit & Milk

Wednesday, February 5

Pull Pork Sliders, Cole Slaw, Baked Onion Rings, Garden Salad, Veggie Pack, Choice of Fruit, Milk

Thursday, February 6

Hot Ham, Egg & Cheese on a Croissant, Tater Tots, Apple Sauce, Garden Salad, Veggie Pack, Choice of Fruit, Juice or Milk

Friday, February 7

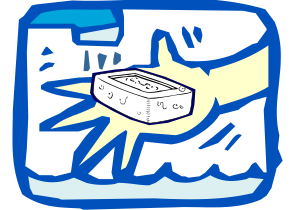
Cook's Choice
Garden Salad, Veggie Pack, Fruit & Milk



Floo Powder?

Harry Potter and his pals use magical FLOO Powder to move around their world, but in our world there's no magic cure for the FLU. But there are three ways you can help keep yourself and others healthy during flu season.

① Wash your hands frequently.



② Cover up when you sneeze or cough.

③ If you do get sick, stay home.



eatfit

wanna stay fit?
gotta eat right!



item: hot peppers verdict: 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!