

Please see reverse for  
items available daily

## 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

Panther Bowls (Popcorn Chicken,  
Mashed Potato, Corn, Gravy)  
OR Popcorn Chicken Sub

#### Tuesday February 11

No School  
President Primary

#### Wednesday, February 12

Chicken Patty on w/g Bun,  
Baked Oven Fries OR  
Chicken Parm. w/Pasta, Dinner Roll,  
Hot Veg. Choice  
Subline: Teriyaki Chicken Sub

#### Thursday, February 13

Cheeseburger on w/g Bun, Onion  
Rings or Baked Oven Fries OR Chicken  
Tenders  
Hot Veg. Choice  
Subline: Chicken Tender Sub

#### Friday, February 14

Asian Orange Chicken  
Vegetable Lo Mein  
Home made Soup Du Jour  
Strawberry Shortcake OR  
Heart Shaped Valentine's Day Cookie

### Featured Specials of the Day

#### Monday, February 17



## NO SCHOOL TODAY



#### Tuesday, February 18

Pulled Pork Nachos or on a Bulkie Roll  
Cole Slaw, Baked Oven Fries OR  
Fiery Chicken Finger Sub

#### Wednesday, February 19

Chef's Choice  
W/Hot Vegetable Choice, OR  
Teriyaki Chicken Sub

#### Thursday, February 20

Chef's Choice  
w/ Hot Vegetable Choice  
OR Chicken Tender Sub

#### Friday, February 21

Chef's Choice  
W/ Hot Vegetable Choice  
Subline: Chef's Choice

#### Winter Break

**Feb. 24-Feb 28**

**Have a Safe and Happy Vacation!**

# Menus for February

Nashua South High 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

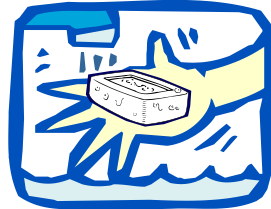
Deli Sandwich Made to Order  
 (Turkey, Ham, Roast Beef, Chicken)  
 Egg & Tuna Salad  
 Variety of Pre-Made Salads  
 Full make and take Salad Bar  
 Fresh Baked Pizza w/assorted toppings  
 Choice of Fruit, Juice and Milk  
 Assorted Breakfast Meals Daily!!  
 Menu is Subject to Change!

## 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!



## Featured Specials of the Day

### Monday, February 3

Panther Bowls (Popcorn Chix, Mashed Potato, Corn, Gravy) OR Popcorn Chicken Sub

### Tuesday, February 4

BBQ Pulled Pork Nachos or on a Bulkie Roll, Cole Slaw, Baked Oven Fries, Garden Salad OR Fiery Chicken Finger Sub

### Wednesday, February 5

Chicken Patty on a w/g Bun, Baked Oven Fries OR Chicken Parm. w/Pasta, Dinner Roll, Seasoned Green Beans  
Subline: Teriyaki Chicken Sub

### Thursday, February 6

Cheeseburgers Or Chicken Tenders w/ Baked Oven Fries, Hot Buttered Corn  
Subline: Chicken Tender Sub

### Friday, February 7

Oven Fried Chicken Drumstick W/ Baked Oven Fries, Choice of Hot vegetable  
Homemade Soup Du Jour  
OR Chicken Nugget Sub