

Please see reverse for  
items available daily

## TRUST YOUR HEART.

Your heart knows: WHAT TIME  
you eat matters.

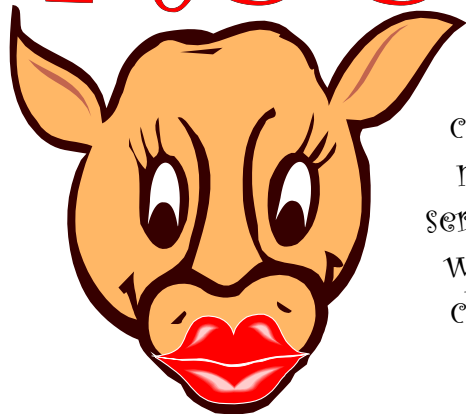


Eating a healthy  
meal early in the  
day is linked to a  
lower risk of heart  
attack, while eating  
late at night before  
bed is linked to an  
increased risk. Listen to your heart!

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

Hot Dog on a Bun  
Baked Beans, Cole Slaw  
Carrots & Dip, Garden Salad  
Assorted Fruits, Milk

Tuesday, February 11

No School

Wednesday, February 12

Hamburger or Cheeseburger on Bun  
French Fries/ Lettuce / Tomatoes  
Carrots & Dip  
Assorted Fruits, Milk

Thursday, February 13

Chicken tenders  
Dinner Roll, Garden Salad  
Green Beans  
Assorted fruits, Juice, Milk

Friday, February 14

Mozzarella Cheese Sticks w/  
Dipping Sauce  
Garden salad / Broccoli  
Assorted fruits, Milk

## Featured Specials of the Day

Monday, February 17



**NO SCHOOL  
TODAY**



Tuesday, February 18

Taco Boat w/ Seasoned Meat  
Refried Beans  
Lettuce/ Tomatoes/Salsa/ Cheese  
Assorted fruits, Juice, Milk

Wednesday, February 19

Fajita Chicken Wrap  
Lettuce/ Tomatoes  
Spanish Rice/ Carrots & Dip  
Assorted Fruits, Milk

Thursday, February 20

French Toast Sticks w/ Syrup  
Baby cake Potatoes  
Sausage Patty  
Assorted Fruits, Juice, Milk

Friday, February 21

Assorted Pizzas  
Carrots & Dip, Garden Salad  
Assorted Fruits, Milk

# Menus for February

**PENNICHUCK 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

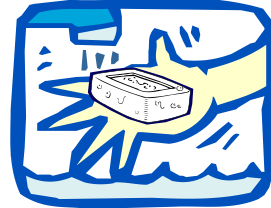
Assorted Breakfast Meals Daily!!  
Menu is Subject to Change!

## 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!



**FIT METER**  
You should eat 1800-2200 calories a day, depending on gender and activity level. Shoot for fewer than 25g of fat and at least 20-25g of fiber a day.

Based on one average jalapeño pepper

## Featured Specials of the Day

**Monday, February 3**

Chicken Nuggets\*  
Buttered Pasta

Garden salad, Carrots & Dip  
Pudding w/ topping, Fruit, Milk

**Tuesday, February 4**

Beef taco w/Seasoned Meat/Tomatoes  
Refried Beans/Cheese/Salsa/lettuce  
Assorted Fruits, Juice, Milk

**Wednesday, February 5**

Diced Chicken in Gravy/Dinner Roll  
Mashed Potatoes/ Green Beans  
Garden salad, Fruit, Milk

**Thursday, February 6**

Spaghetti w/ Meat Sauce  
Broccoli, garden salad, Texas Toast.  
Strawberries w/ Topping, Juice, Milk

**Friday, February 7**

Chicken Patty on Bun  
French Fries  
Carrots & Dip, Lettuce & Tomatoes  
Assorted fruits, Milk