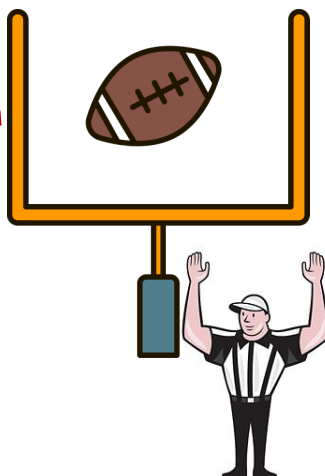


FEBRUARY



This institution is an equal opportunity provider. Menus are subject to change.

WEDNESDAYS

Breakfast Pizza
OR
Cereal Selection

Fruit & Juice
Choice of Milk



No Flag on *THIS* Play!

Breakfast is free for students for the remainder of the school year! Each morning students may enjoy one complete breakfast at no cost. Extras may be purchased at a reasonable price.

MONDAYS

Breakfast Pizza
OR
Cereal Selection

Fruit & Juice
Choice of Milk

TUESDAYS

Doughnuts
OR
Cereal Selection

Fruit & Juice
Choice of Milk

THURSDAYS

Cereal Selection
and
Graham Crackers

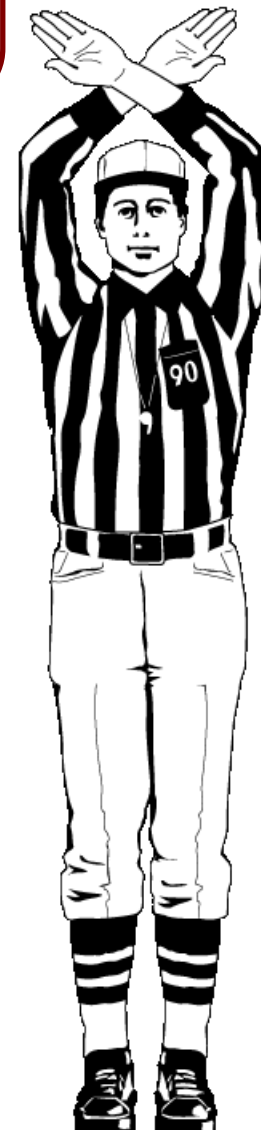
Fruit & Juice
Choice of Milk

FRIDAYS

Mini Pancakes
OR
Cereal Selection

Fruit & Juice
Choice of Milk

TIME OUT!
Be sure to take time
out for breakfast!
Even if it is a
“SUPER BOWL”
of cereal, eating
breakfast is a great
way to KICK off your
day!



February



2022

This institution is an equal opportunity provider.
Menus are subject to change.

Tuesday, February 1

Corn Dog
Long Branch Potatoes
Baked Beans
Assorted Fruits
Choice of Milk

Wednesday, February 2

GROUND HOG DAY

Chicken Fingers & Roll
Mashed Potatoes
Green Beans
Assorted Fruits
Choice of Milk



GROUND HOG DAY
FEBRUARY 2nd

Will he see his shadow? Will we
see more weeks of winter? Will
spring weather come sooner?



Thursday, February 3

Pepperoni Pizza
Steamed Corn
Raw Veggies & Dip
Assorted Fruits
Choice of Milk



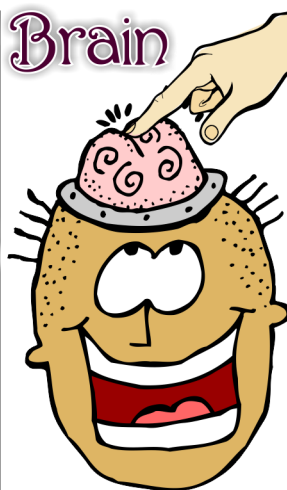
Friday, February 4

Cheeseburger
Lettuce/Tomatoes/Pickles
French Fries
Assorted Fruits
Choice of Milk

Monday, February 7

Chicken & Rice
Farm Fresh Vegetables
Raw Veggies & Dip
Assorted Fruits
Cinnamon Roll
Choice of Milk

Brain



Ticklers

Which
month has
28 days?

(Hold the page upside
down and read it in a
mirror for the answer!)

Try it all

Tuesday, February 8

Spaghetti
Garlic Bread
Peas & Carrots
Assorted Fruits
Choice of Milk

Wednesday, February 9

Manager's Selection



FRUIT

Dates

Deliciously sweet dates
are rich in fiber, iron,
potassium, and
super-healthy
tannins. Dried
dates are a
fantastic, easily-
digestible energy
food for athletes.



OF THE MONTH

Thursday, February 10

Salisbury Steak & Roll
Mashed Potatoes & Gravy
Farm Fresh Vegetables
Assorted Fruits
Choice of Milk

Friday, February 11

Hot Dog
Potato Tots
Coleslaw
Assorted Fruits
Choice of Milk

What's for lunch?

Check out the menus online at
BryanCountySchools.org OR download
the app for android or Apple phones!

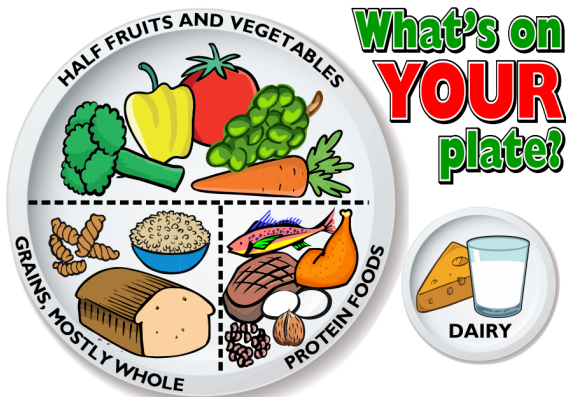


APPLE



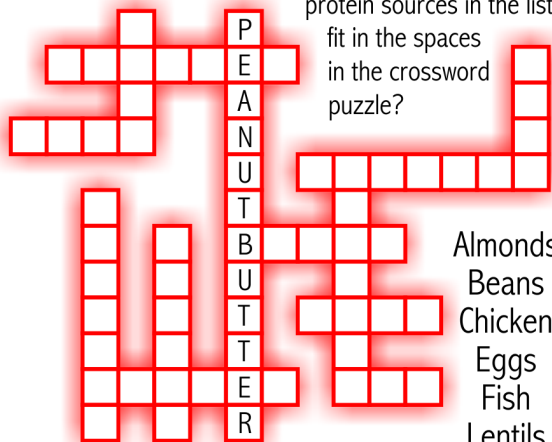
ANDROID





Protein Power!

Steaks and hamburgers and other kinds of beef are loaded with protein. But a lot of red meat is also very high in fat and saturated fat. That's why experts tell us we should only eat beef once in awhile. Luckily, there are lots of other good sources of protein. Six ounces of salmon, for example, contains almost as much protein as a 6-ounce porterhouse steak -- but with less than 1/2 the fat and 1/4 of the saturated fat. Can you make all of the protein sources in the list fit in the spaces in the crossword puzzle?



Almonds
Beans
Chicken
Eggs
Fish
Lentils
Milk
Pork
Soy
Turkey
Walnuts
Yogurt



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, February 14

VALENTINE'S DAY

Cheeseburger
Lettuce/Tomatoes
French Fries
Assorted Fruits
Choice of Milk



Tuesday, February 15

Chicken Fingers
Dutch Waffle
Mashed Potatoes & Gravy
Farm Fresh Vegetables
Assorted Fruits
Choice of Milk

Wednesday, February 16

Pepperoni Pizza
Steamed Corn
French Fries
Assorted Fruits
Choice of Milk

Thursday, February 17



MANAGER'S
SELECTION

Friday, February 18

Chicken Nuggets & Roll
Macaroni & Cheese
Black-eyed Peas
Assorted Fruits
Choice of Milk

Monday, February 21

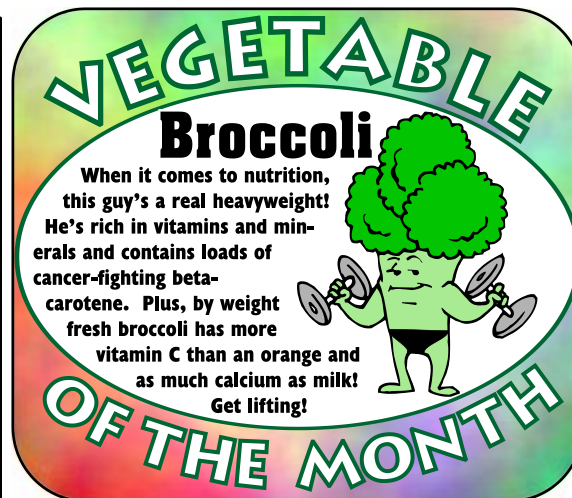
WINTER BREAK NO SCHOOL



(Still wishing for snow)

Tuesday, February 22

WINTER BREAK NO SCHOOL



Wednesday, February 23

STAFF WORKDAY NO SCHOOL FOR STUDENTS



Thursday, February 24

Chicken Fingers & Roll
Mashed Potatoes & Gravy
Broccoli/Cheese Sauce
Assorted Fruits
Choice of Milk

Friday, February 25

Walking Nachos
Steamed Corn
Taco Sauce & Sour Cream
Assorted Fruits
Choice of Milk

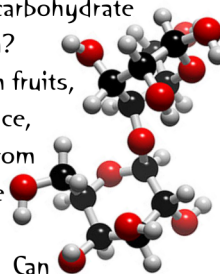


Monday, February 28

Chicken & Rice
Farm Fresh Vegetables
Assorted Fruits
Cinnamon Roll
Choice of Milk

THE SIMPLE TRUTH.

This is a model for a complex carbohydrate molecule. Pretty complex, huh? "Complex" carbs, found in fresh fruits, vegetables, whole grains and rice, nuts, seeds, and beans come from nature. "Simple" carbs, like the sugars in soda and candy, are most often refined in a factory. Can you guess which ones are healthier for you?



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