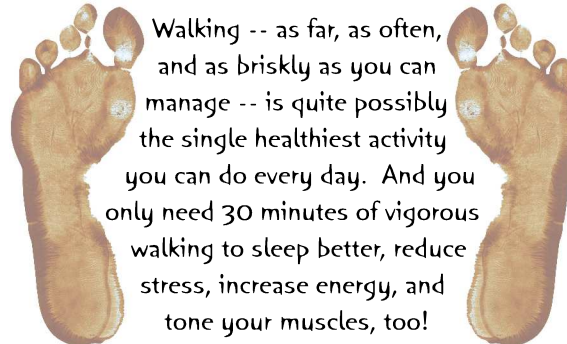


Menus for February 2012

Southern Tioga School District
This institution is an equal opportunity provider.

MAKE SOME TRACKS.



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

Available Daily

YOUR CHOICE OF:

Elementary Schools:
Regular Menu, Salad Platter OR Uncrustable Sandwich Platter: Peanut Butter & Jelly Uncrustable Sandwich on Wheat Bread

High Schools:
Regular Menu Entrée, Salad Platter, Uncrustable Peanut Butter & Jelly Sandwich Platter on Wheat Bread, Hot Sandwich Platter, Yogurt Parfait

Daily Choice of: 3 Fruit & 3 Vegetables

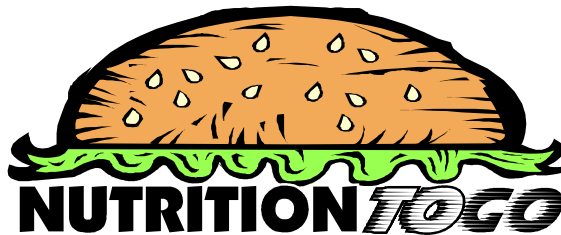
At All Buildings:
Daily Milk Choices: 1% White; Fat Free Chocolate, Strawberry, Vanilla, Skim, or Lactaid Milk

Looking for a job that lets you be at home when your family needs you there?



Come join our team!

Call today for more information
638-2183, ext 306



NUTRITION TO GO

Chocolate is "chock-full" of antioxidants and other substances that are good for you. But all chocolate isn't created equal. Dark chocolate -- at least 65% cocoa -- delivers these health benefits efficiently. But the chocolate used for most candy is less than 30% cocoa with lots of added sugar, so you need to eat 2 or 3 times as much chocolate (and a lot more calories!) for the same benefits.

A TASTY MORSEL FOR PARENTS

Wednesday, February 1

Brunch
French Toast Sticks
W/Syrup, Hash Browns
Sausage Links
OR
Taco Salad Platter
W/Tortilla Chips

Chilled Juice or Fresh Fruit, Spice Cake Milk

BREAKFAST
Fruit Muffin, String Cheese, Juice or Fresh Fruit, Milk
BREAKFAST BAR @ HS

Thursday, February 2

Act 80 Day 1:00 PM Dismissal
Stuffed Shells
Tossed Salad
OR
Chicken Caesar Salad Platter

Italian Bread
Mandarin Oranges or Fresh Fruit
Milk

BREAKFAST
Fruit Churro
Sunflower Seeds, Juice or Fresh Fruit, Milk
BREAKFAST BAR @ HS

Friday, February 3

Super Bowl Party
Hot Dog or Texas Hot W/Roll, Tortilla Chips
W/Cheese Sauce
Raw Vegetables
OR
Chef Salad Platter
W/Breadstick

Fresh Fruit or Chilled Strawberries
Chilled Pudding, Milk

BREAKFAST
Hot or Cold Cereal
Yogurt, Juice or Fresh Fruit, Milk
BREAKFAST BAR @ HS

FREE AND REDUCED-PRICE MEALS

for all students who qualify. It's simple to apply and we accept applications all year.

Learn more at
www.compass.state.pa.us
or call 638-2183, ext 306

Monday, February 6

Cheese Steak W/Roll
Potato Wedges
OR
Chicken Caesar Salad Platter W/Wheat Roll

Fresh Fruit or Chilled Applesauce
Milk

BREAKFAST
Maple Pancakes
Juice or Fresh Fruit
Milk
BREAKFAST BAR @ HS

Tuesday, February 7

Pizza Bread
Italian Vegetable Blend
OR
Chef Salad Platter W/Wheat Roll

Chilled Peaches or Fresh Fruit
Jello Gems
Milk

BREAKFAST
Chewy Breakfast Bar
Sunflower Seeds
Juice or Fresh Fruit
Milk
BREAKFAST BAR @ HS

Wednesday, February 8

Pork Barbeque W/Roll
Steamed Corn
OR
Steak Salad Platter W/Roll

Fresh Fruit or Chilled Pears
Ice Cream
Milk

BREAKFAST
Breakfast Bagel
Juice or Fresh Fruit
Milk
BREAKFAST BAR @ HS

Thursday, February 9

Chicken Rings
Tossed Salad
Blueberry Muffin
OR
Taco Salad Platter W/Tortilla Chips

Chilled Pineapple or Fresh Fruit
Milk

BREAKFAST
Cinnamon Pretzel Stick
Yogurt
Juice or Fresh Fruit
Milk
BREAKFAST BAR @ HS

Friday, February 10

Turkey Deli Sandwich W/Roll
Chicken Noodle or Cream of Broccoli Soup @ HS, Crackers
Raw Vegetables W/Dip
OR
Chef Salad Platter W/Breadstick

Pears or Fresh Fruit, Milk

BREAKFAST
Hot or Cold Cereal
String Cheese, Juice or Fresh Fruit, Milk
BREAKFAST BAR @ HS