

Monday, February 13

Shrimp Poppers
Pierogies
Steamed Broccoli
OR
Taco Salad Platter
W/Tortilla Chips

Chilled Applesauce
or Fresh Fruit
Milk

BREAKFAST
Mini Waffle
Juice or Fresh Fruit
Milk
BREAKFAST BAR @ HS

Tuesday, February 14

Happy Valentine's Day
Chicken Parmesan
W/Roll, Tossed Salad
OR
Steak Salad Platter
W/Wheat Roll

Fresh Fruit or
Chilled Pineapple
Strawberry Shortcake
W/Whip Topping, Milk

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

Wed., February 15

Deluxe Hamburger
on Roll
French Fries
OR
Chef Salad Platter
W/Wheat Roll

Fresh Fruit or
Mandarin Oranges
Oatmeal Cookie, Milk

BREAKFAST
Fruit Muffin
Sunflower Seeds
Juice or Fresh Fruit
Milk
BREAKFAST BAR @ HS

Thursday, February 16

Act 80 Day 1:00 PM Dismissal
Tomato or Cream of
Potato Soup
W/Crackers, Toasted
Cheese Sandwich
Baby Carrots W/Dip
OR
Chicken Caesar Salad
Platter W/Wheat Roll

Fresh Fruit or
Chilled Pears, Milk

BREAKFAST
Cinnamon French
Toast, Juice or Fresh
Fruit, Milk
BREAKFAST BAR @ HS

Friday, February 17

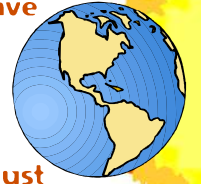
Cheese, Pepperoni or
BBQ Chicken Pizza
Steamed Green Beans
OR
Chef Salad Platter
W/Breadstick

Chilled Peaches
or Fresh Fruit
Chilled Pudding, Milk

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

365.2422

That's how many days it takes
the earth to orbit the sun ...
and that's why we have
leap year. We add a
day to the month of
February every four
years to make up for
the .2422 days that just
won't fit in our regular year!



LEAP YEAR 2012

Monday, February 20

Presidents' Day



No School Today

Tuesday, February 21

Meatball Sub W/Roll
Steamed Corn
OR
Chicken Caesar Salad
Platter W/Roll

Fresh Fruit or
Chilled Mandarin
Oranges, Ice Cream
Milk

BREAKFAST
Mini Strawberry
Pancake
Juice or Fresh Fruit
Milk
BREAKFAST BAR @ HS

Wed., February 22

Macaroni & Cheese
Steamed Broccoli
Normandy Blend
OR
Chef Caesar Salad
Platter

Soft Pretzel
Fresh Fruit or
Chilled Juice, Milk

BREAKFAST
Bagel W/Cream Cheese
Sunflower Seeds
Juice or Fresh Fruit
Milk
BREAKFAST BAR @ HS

Thursday, February 23

Chicken Nuggets
Steamed Vegetables
Pumpkin Bread
OR
Taco Salad Platter
W/Tortilla Chips

Chilled Pears
or Fresh Fruit
Milk

BREAKFAST
Pizza Stick
Juice or Fresh Fruit
Milk
BREAKFAST BAR @ HS

Friday, February 24

Ham Cosmo on Roll
Crackers
Chicken Noodle Soup
or Chili
Raw Vegetables W/Dip
OR
Chef Salad Platter
W/Breadstick

Chilled Strawberries
or Fresh Fruit, Milk

BREAKFAST
Apple Cinnamon Bun
Sunflower Seeds
Juice or Fresh Fruit
Milk
BREAKFAST BAR @ HS

FRUIT

Olives



Olives and the oil that is
made from them are the basis
of the healthy Mediterranean-style
diet. Olives are a great source
of iron and fiber, and although
they are high in fat, it's the
"good" kind of fat that
helps lower cholesterol.

OF THE MONTH

Monday, February 27

Chicken Alfredo
W/Penne Pasta
Steamed Green Beans
OR
Chef Salad Platter

Wheat Roll
Fresh Fruit or
Chilled Peaches
Milk

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

Tuesday, February 28

Brunch
Egg, Ham, & Cheese
on English Muffin
Smiley Fries
OR
Chicken Caesar Salad
W/Wheat Roll

Chilled Juice or
Fresh Fruit
Milk

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

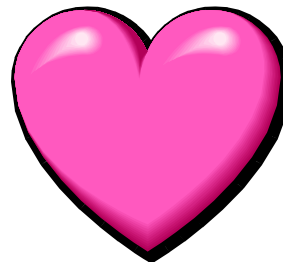
Wed., February 29

Cheese, Pepperoni or
BBQ Chicken Pizza
Tossed Salad
OR
Steak Salad
W/Wheat Roll

Chilled Pineapple or
Fresh Fruit
Ice Cream Sandwich
Milk

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

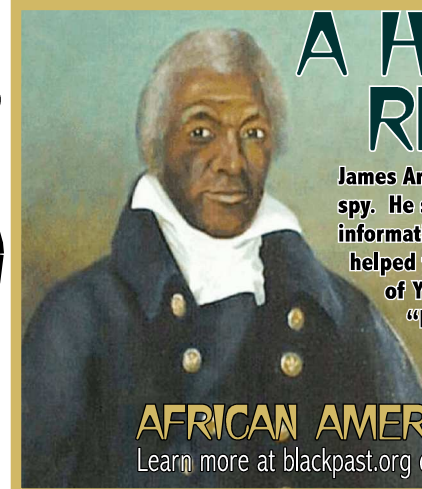
HAPPY VALENTINE'S DAY!



FEBRUARY 14

A HERO OF THE REVOLUTION

James Armistead was a Revolutionary War patriot and spy. He slipped behind enemy lines and obtained information about British troops in Virginia that helped the American side win the war at the Battle of Yorktown. He later added the last name "Lafayette" as a tribute to French General Lafayette who fought with George Washington and the Americans during the war.



AFRICAN AMERICAN HISTORY MONTH

Learn more at blackpast.org or do a search for James Armistead Lafayette