Featured Specials of the Day

Thursday, February 1
Line 1: BBQ Rib with Buttered Noodles
Line 2: Chicken Sandwich or Pizza

Friday, February 2
Line 1: BOSCO Sticks with Pizza Sauce
Line 2: Deli Hoagie or Chef Salad

Monday, February 5
Line 1: Chicken Sandwich with Waffle Fries
Line 2: Baked Hoagie or Pizza

Tuesday, February 6
Line 1: Beef & Cheese Tacos
Line 2: Corn Dog Nuggets or Pizza

Wednesday, February 7
Line 1: Pasta & Meatball with Breadstick
Line 2: Chicken Fries with Dipping Sauces

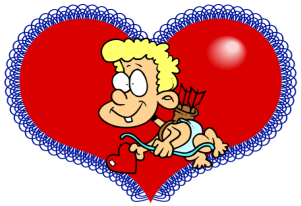
Thursday, February 8
Line 1: Steak & Cheese Hoagie with Fries
Line 2: Chicken Sandwich or Pizza

Friday, February 9
Line 1: French Bread Pizza with Steamed Corn
Line 2: Cheeseburger with Baked Fries

SPRINGDALE JUNIOR/SENIOR HIGH SCHOOL

February 2024

YOU'RE GOOD



ALL STUDENTS EAT BREAKFAST@ NO COST ALL YEAR LONG

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!

Featured Specials of the Day

Monday, February 12

Line 1: Steak Burger with Baked Fries
Line 2: Baked Hoagie or Pizza

Tuesday, February 13

Line 1: Beef & Cheese Nachos
Line 2: Chicken Tenders with Baked Fries

Wednesday, February 14

Line 1: Mac & Cheese with Warm Dinner Roll
Line 2: Buffalo Chicken Wrap or Pizza

Thursday, February 15

Line 1: Beef Tips Over Noodles
Line 2: Cheeseburger with Baked Fries

Many Moons

Native Americans had special names for every full moon of the year. One name for the February full moon is the "Shoulder to Shoulder Around the Fire" Moon

BY THE NUMBERS

41 PERCENTAGE OF AMERICAN PET OWNERS WHO GIVE A VALENTINE'S DAY GIFT TO THEIR PETS.

Making a Complete Meal

A school lunch consist of **5** components: Protein, Vegetables, Grains, Fruit and Milk. Please choose at least **3** components to make a reimbursable meal.

Under the new guidelines, one of your selections must include a serving of fruit or vegetable.

*All lunches include choice of milk.

Breakfast:

Choose at least 3 of the 4 available components

Daily breakfast entrée or variety of alternate choices

Fruit Choice or 100% Fruit Juice

Fat-Free & Low-Fat Milk

Serving Times: 7:20am to 7:45am

Featured Specials of the Day

Tuesday, February 20

Line 1: Double Burger with Fries
Line 2: Baked Hoagie or Pizza

Wednesday, February 21

Line 1: Popcorn Chicken Bowl
Line 2: Cheeseburger with Baked Fries

Thursday, February 22

Line 1: Hot Dogs with Tater Tots
Line 2: Buffalo Chicken Wrap or Pizza

Friday, February 23

Line 1: Grilled Cheese with Cup of Soup
Line 2: Chicken Sandwich or Pizza

Monday, February 26

Line 1: Spicy Honey Chicken Sandwich
Line 2: Baked Hoagie or Pizza

Tuesday, February 27

Line 1: French Toast Sticks & Sausage
Line 2: Chicken Tenders with Baked Fries

Wednesday, February 28

Line 1: Asian Chicken with Steamed Rice
Line 2: Cheeseburger with Baked Fries

Thursday, February 29

Line 1: Steak Burger with Baked Fries
Line 2: Chicken Sandwich or Pizza