

SPRINGDALE  
JUNIOR / SENIOR  
HIGH SCHOOL

February  
2025



**Monday, February 3**

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

**Tuesday, February 4**

Line 1: Quesadilla Pizza with Spanish Rice  
Line 2: Breaded Chicken Tenders or Pizza

**Wednesday, February 5**

Line 1: Chicken Alfredo with Breadstick  
Line 2: Cheeseburger with Baked Fries

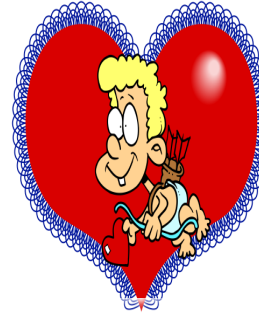
**Thursday, February 6**

Line 1: Grilled Cheese with Tomato Soup  
Line 2: Toasted Turkey Club Sandwich

**Friday, February 7**

Line 1: Chicken Bites with Mac & Cheese  
Line 2: Cheeseburger with Baked Fries

**YOU'RE  
GOOD**



**ALL STUDENTS EAT ALL MEALS @  
NO COST ALL YEAR LONG**

**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

**Monday, February 10**

Line 1: Baked Lasagna with Breadstick  
Line 2: Hot Dogs or Pizza

**Tuesday, February 11**

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

**Wednesday, February 12**

Line 1: Asian Chicken with Steamed Rice  
Line 2: Cheeseburger with Vegetable Choice

**Thursday, February 13**

Line 1: Double Burger with Baked Fries  
Line 2: French Bread Pizza Wedge



**Tuesday, February 18**

Line 1: French Toast Sticks & Hash Browns  
Line 2: Chicken Sticks with Baked Fries

**Wednesday, February 19**

Line 1: Pasta & Meatballs with Breadstick  
Line 2: Cheeseburger with Baked Fries

**Thursday, February 20**

Line 1: BBQ Rib with Mac & Cheese  
Line 2: Spicy Buffalo Chicken Bites

**Friday, February 21**

Line 1: Grilled Cheese with Tomato Soup  
Line 2: Toasted Ham & Cheese Sandwich



**40 percent of Americans surveyed said that spaghetti is their favorite kind of pasta, followed by lasagna (12%), macaroni and cheese (6%), fettuccine (6%), linguine (3%), elbows (3%), pasta salad (3%), and angel hair (2%). Pasta sales in the U.S. have declined in recent years, primarily because of the spread of low-carb dieting.**

**Monday, February 24**

Line 1: Southern Chicken Sandwich  
Line 2: Baked Hoagie or Pizza

**Tuesday, February 25**

Line 1: Soft Shell Beef Taco & Rice  
Line 2: Chicken Sandwich with Baked Fries

**Wednesday, February 26**

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

**Thursday, February 27**

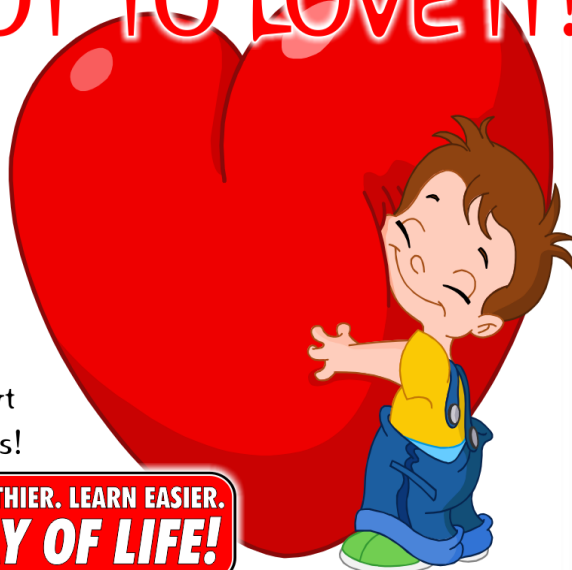
Line 1: Chicken Sticks & Jalapeno Crunchers  
Line 2: French Bread Pizza Wedge

**Friday, February 28**

Line 1: BOSCO Sticks with Pizza Sauce  
Line 2: Deli Hoagie or Chefs Salad

**YOU'VE GOT TO LOVE IT!**

You've got to love your heart, that is! And taking care of your heart is a job that lasts your whole lifetime. Eat more fruits, veggies, and whole grains and less salt and saturated fat. And exercise regularly like your healthy heart depends on it - because it does!



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

**FRUIT**

**Pear**

The skin of a pear contains half of the fruit's fiber and at least three or four times as much of key nutrients like phenols, flavonoids, and cinnamic acid. You don't have to know what these things are -- just know that they're in pears and they're really good for you!

**OF THE MONTH**