

Muhlenberg High School

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

Available Daily
**Fresh fruit, milk, juice
 with all meals!**

**2/1-5 Chicken steak, chicken
 parm, Max sticks**

**2/8-12 Cheese steak, chicken
 nuggets, rib patty**

**2-15-19 Pulled pork, chicken
 patty, chicken wings**

**2/22-26 Meatball hoagie,
 popcorn chicken, hot ham
 and cheese sandwich**

115 BY THE NUMBERS

IN MILLIONS, THE APPROXIMATE
 NUMBER OF RED ROSES SOLD IN
 THE U.S. FOR VALENTINE'S DAY

Featured Specials of the Day

Monday, February 1
 Chicken nuggets with dip
 Scalloped potatoes, steamed carrots, apple sauce

Tuesday, February 2
 Turkey and cheese hoagie
 Baked chips, lettuce, tomato, pickles, pears

Wednesday, February 3
 Chicken quesadilla with salsa
 Seasoned rice, black beans, pineapples

Thursday, February 4
 Mini corn dogs
 Buttered noodles, steamed green beans, peaches

Friday, February 5
 Salisbury steak with gravy
 Mashed potatoes, steamed peas, fruit roll up

Fresh fruit, vegetable, milk, juice
 Available daily
 Menu subject to change
 Breakfast \$1.55—lunch \$2.50—a la carte \$2.65

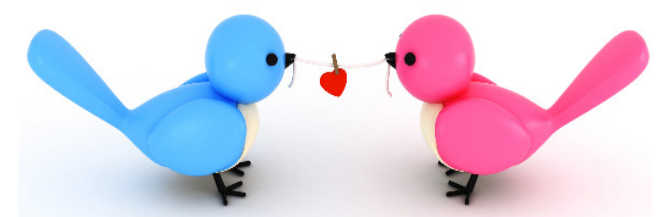
WEATHERMAN

When groundhogs start popping up to check out the weather, they have good cause to pay close attention: these 6-12 pound rodents need to eat about a third of their weight in vegetation every day. So it doesn't make much sense for them to pop up for good until the green stuff is starting to pop up, too!

ANIMAL APPETITES

POWER OF LOVE.

February is a great time to think about love -- and how it supports wellness. Loving others -- and feeling loved -- has been shown to lower stress levels, decrease anxiety, boost the immune system, lower blood pressure, and fight disease.



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

Featured Specials of the Day

Monday, February 8
 Cheeseburger on wheat bun
 French fries, lettuce, tomato, pickles, fruit cocktail

Tuesday, February 9
 Pop corn shrimp with sauce
 Brown rice, steamed corn mandarin oranges

Wednesday, February 10
 Chicken fajita with diced tomatoes
 Two flour tortillas, grilled onions and peppers, churro

Thursday, February 11
 Meatball hoagie
 Buttered pasta, raw broccoli with ranch, sliced apples

Friday, February 12
 Hot dog on wheat roll
 Tater tots, baked beans, apricots

Fresh fruit, vegetable, milk, juice
 Available daily
 Menu subject to change
 Breakfast \$1.55—lunch \$2.50—a la carte \$2.65

CHARISSE DIDN'T REALLY CARE ABOUT THE FLOWERS OR THE CARD. BUT **WHAT'S-HIS-NAME** HAD INVITED HER TO **LUNCH AT SCHOOL**, AND THAT ALONE WAS SUFFICIENT TO MAKE HER **JUMP FOR JOY.**



NUTRITION ANALYSIS OF THIS TYPICAL SCHOOL LUNCH COMBO:

CHICKEN FAJITAS
WHOLE WHEAT TORTILLA
SALSA, ROMAINE, & SOUR CREAM
BEANS & RICE
NONFAT CHOCOLATE MILK

TOTAL CALORIES: 701
CALORIES FROM PROTEIN: 16%
CAL. FROM CARBOHYDRATES: 61%
CALORIES FROM FAT: 23%
GOAL: 30% OR LESS FAT CALORIES

Featured Specials of the Day

Monday, February 15



NO SCHOOL TODAY



Tuesday, February 16

Chicken breast sandwich on wheat roll
Buttered pasta, steamed vegetable, peaches

Wednesday, February 17

Orange chicken
Brown rice, steamed broccoli, school cookie

Thursday, February 18

Pancakes w/ syrup
Hash brown patty, sausage patty, fresh oranges

Friday, February 19

Max cheese sticks with marinara sauce
Romaine salad w/croutons, carrots and celery, fruit selection

Fresh fruit, vegetable, milk, juice
Available daily

Menu subject to change

Breakfast \$1.55—lunch \$2.50—a la carte \$2.65

Featured Specials of the Day

Monday, February 22

Italian sausage sandwich
Baked chips, tossed salad w/ dressing, apples

Tuesday, February 23

Soft shell beef tacos
Spanish rice, lettuce, tomato, cheese, salsa, pineapples

Wednesday, February 24

Grilled cheese sandwich
Gold fish crackers, tomato soup, fruit snack

Thursday, February 25

Spaghetti and meatballs
Garlic bread, tossed salad w/ dressing, pears

Friday, February 26

Chef's choice entrée
Chef's choice side, chef's choice side, chef's choice fruit

Monday, February 29

Teriyaki beef dippers
Brown rice, steamed carrots, fruit cocktail

Fresh fruit, vegetable, milk, juice
Available daily

Menu subject to change

Breakfast \$1.55—lunch \$2.50—a la carte \$2.65



eat fit

**wanna stay fit?
gotta eat right!**

item: chocolate candies

verdict: just this once!



tip:

From a healthy eating standpoint, you know where this is going. But it IS Valentine's Day. Just promise to do something really healthy with your sweetheart next week!



IT TAKES THE EARTH 365¼ DAYS TO COMPLETE AN ORBIT AROUND THE SUN.

THAT'S WHY WE ADD A 366TH DAY (FEBRUARY 29th) IN EVERY YEAR THAT CAN BE DIVIDED EVENLY BY 4.

BUT THAT STILL LEAVES US OFF BY ABOUT 11 MINUTES EVERY YEAR.

SO CENTURY YEARS ONLY HAVE A LEAP YEAR IF THEY CAN BE DIVIDED EVENLY BY 400.

THAT'S WHY THE YEAR 2000 HAD A LEAP YEAR, BUT 1900 DID NOT, AND NEITHER WILL 2100.

GOT ALL THAT?