

USDA is an equal opportunity provider and employer. Menus are subject to change.

## Available Daily

Peanut Butter & Jelly Sandwich w/Cheese Stick+

Deli Sandwich & Grain Includes a Grain Item and a Choice of One of the Following Sandwiches: Turkey & Cheese, Turkey Ham & Cheese, Chicken Salad, Tuna Salad, Turkey Italian Cold Cut Sub

Salad Platter & Grain Includes a Grain Item and Choice of One of the Following Salads: Popcorn Chicken Salad, Chef Salad<sup>2</sup>, Tuna Salad, Chicken Salad, Fiesta Chicken Salad, Cheese & Veggie Salad, Chicken Fajita Salad

Garden Salad w/Fresh Tomatoes w/Reduced Fat Dressing

Seasonal Fresh Fruit Bowl and Fruit Cup

100% Fruit Juice Offered on Tuesday & Thursday

Full student lunch includes choice of entrée (meat/meat alternative w/grain item), up to two fruits, up to two vegetables and choice of milk (1% plain or fat-free plain).

Students in grades 9-12 will be offered an additional grain item w/hot sandwiches.

Pudding cups offered daily at High Schools (grades 9-12).

+ Item is Meatless \* Item Contains Pork  
<sup>1</sup> Item Contains Beef <sup>2</sup> Item Contains Only Turkey

# 63

## BY THE NUMBERS

PERCENTAGE OF 18-29 YEAR OLDS WHO SLEEP WITH THEIR PHONE OR TABLET IN THEIR BED

### Featured Specials of the Day

#### Monday, February 2

**ENTRÉES:** Teriyaki Beef Bites<sup>1</sup> & Steamed Rice, Café Burger<sup>1</sup>, Stuffed Crust Cheese Pizza+, Chris P. Chicken Chunks & Grain  
**SIDES:** Steamed California Blend Vegetables, Carrot Sticks w/Dip, Seasoned Potato Wedges, CryBaby Italian Fruit Ice, Fresh Apple

#### Tuesday, February 3

**ENTRÉES:** Soft Shell Taco<sup>1</sup>, Garden Patty on Swirl Roll+, Cheese Pizza Slice+, Chicken Nuggets & Grain  
**SIDES:** Tex Mex Black Beans+, Steamed Mixed Vegetables, Crinkle Cut Fries, Applesauce, Fresh Orange

#### Wednesday, February 4

**ENTRÉES:** Pasta Alfredo<sup>2</sup> & Whole Wheat Roll, Turkey Corn Dog, French Bread Pizza+, Chicken Tenders & Grain  
**SIDES:** Steamed Peas & Carrots, Broccoli & Cauliflower Florets w/Dip, Seasoned Potato Stix, Mandarin Oranges, Fresh Pear

#### Thursday, February 5

**ENTRÉES:** Oven Fried Chicken & Whole Wheat Roll, Philly Steak & Cheese<sup>1</sup>, Cheese Pizza Slice+, Popcorn Chicken & Grain  
**SIDES:** Steamed Sweet Corn, Steamed Spinach, Seasoned Potato Wedges, Tropical Fruit Salad, Fresh Apple

#### Friday, February 6

**ENTRÉES:** Japanese Cherry Blossom Chicken & Steamed Rice, Turkey Burger w/Turkey Bacon & Cheese, Cheese Pizza Bagel+, Chicken Patty Sandwich  
**SIDES:** Steamed Broccoli & Cheese, Celery Sticks w/Dip, Sweet Potato Fries, Applesauce, Fresh Orange

"From the first, I made my learning, what little it was, useful every way I could."

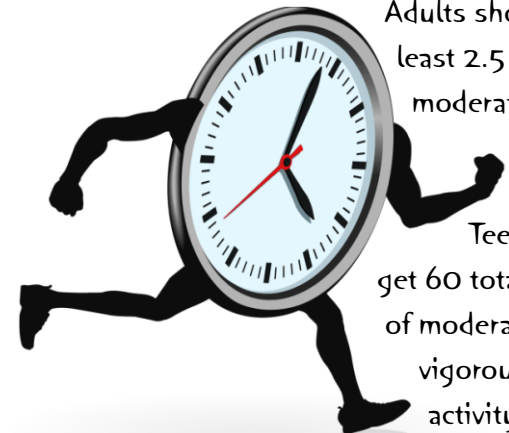
Mary Bethune was the 15th of 17 children born to two ex-slaves in South Carolina in 1875. In 1904, she started a school for African-American girls in Florida which later became Bethune-Cookman College. She later served as an adviser to President Franklin Roosevelt and as a consultant to the panel developing the United Nations charter.



### AFRICAN AMERICAN HISTORY MONTH

Learn more at [www.usca.sc.edu/aasc/bethune.htm](http://www.usca.sc.edu/aasc/bethune.htm) or do a search for Mary Bethune

# MAKE TIME.



Adults should get at least 2.5 hours of moderate aerobic exercise a week. Teens should get 60 total minutes of moderate to vigorous physical activity each day.

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

### Featured Specials of the Day

#### Monday, February 9

**ENTRÉES:** Blackened Pollock & Steamed Rice, Hot Dog on Bun<sup>1</sup>, Stuffed Crust Cheese Pizza+, Chris P. Chicken Chunks & Grain  
**SIDES:** Steamed Carrots, Vegetarian Baked Beans, Seasoned Potato Wedges, Pineapple Tidbits, Fresh Apple

#### Tuesday, February 10

**ENTRÉES:** Turkey Lasagna Roll Up & Whole Wheat Roll, Grilled Mozzarella Jalapeno Sandwich, Cheese Pizza Slice+, Chris P. Chicken Sandwich & Grain  
**SIDES:** Steamed Spinach, Tomato Soup+, Crinkle Cut Fries, Applesauce, Fresh Orange

#### Wed., February 11

### MEXICAN THEME BAR

**ENTRÉES:** Turkey Carnitas or Mexican Style Beef w/Tortilla Chips or Cilantro Lime Rice or Flour Tortilla, Stuffed Crust Cheese Pizza+, Chicken Patty Sandwich  
**SIDES:** Black Bean & Corn Mix, Shredded Lettuce & Pico de Gallo, Seasoned Potato Stix, Mandarin Oranges, Fresh Pear

#### Thursday, February 12

**ENTRÉES:** Mozzarella Cheese Sticks+ w/Marinara, Pork BBQ Rib Sandwich\*, Cheese Pizza Slice+, Popcorn Chicken & Grain  
**SIDES:** Steamed Carrots, Cole Slaw, Seasoned Potato Wedges, Tropical Fruit Salad, Fresh Apple

#### Friday, February 13

Schools Closed  
 Professional Development Day

Please See Reverse  
for Items Available Daily



## Featured Specials of the Day

Monday, February 16



**NO SCHOOL TODAY**



Tuesday, February 17

**ENTRÉES:** Taco Nachos<sup>+</sup> & Sante Fe Black Beans & Rice, Taco Burger on Bun<sup>+</sup>, Cheese Pizza Slice<sup>+</sup>, Chicken Nuggets & Grain  
**SIDES:** Steamed Sweet Corn, Tex Mex Black Beans, Crinkle Cut Fries, Applesauce, Fresh Orange

Wednesday, February 18

**ENTRÉES:** Pizza Pasta Bake<sup>2</sup> & Garlic Breadstick, Turkey Corn Dog, French Bread Pizza<sup>+</sup>, Chicken Tenders & Grain  
**SIDES:** Steamed Carrots, Steamed Broccoli, Seasoned Potato Stix, Mandarin Oranges, Fresh Pear

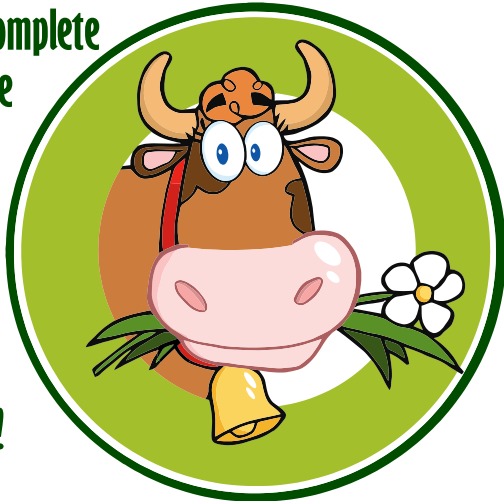
Thursday, February 19

**ENTRÉES:** Bean & Cheese Burrito<sup>+</sup>, Turkey Burger w/Turkey Bacon & Cheese, Cheese Pizza Slice<sup>+</sup>, Popcorn Chicken & Grain  
**SIDES:** Steamed Green Peas, Cucumber & Tomato Salad, Seasoned Potato Wedges, Tropical Fruit Salad, Fresh Apple

Friday, February 20

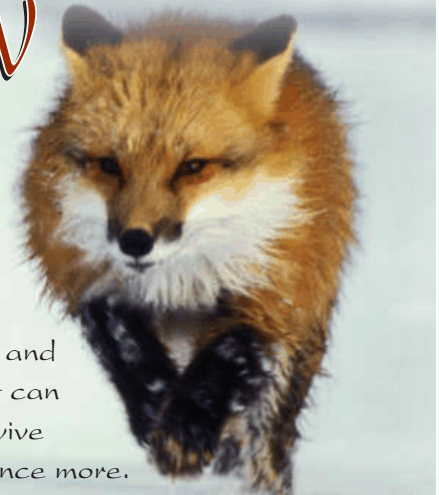
**ENTRÉES:** New Orleans Chicken & Steamed Rice, Turkey Meatball Sub, Cheese Pizza Bagel<sup>+</sup>, Chicken Patty Sandwich  
**SIDES:** Steamed Carrots, Steamed Edamame, Crinkle Cut Fries, Applesauce, Fresh Orange

Every complete meal we serve comes with your choice of milk!



# BELOW THE SNOW

A frozen February field in a place like Yellowstone National Park might appear lifeless. But the fox knows better. Below that insulating blanket of snow, the environment at the ground stays near 32° Fahrenheit, no matter how far below zero the air temperature may fall or how frigid and hard the icy winter winds may blow. In this relatively balmy layer, insects stay active and shrews and voles and other rodents dig tunnels through the snow and go about their business. The fox can't see their movements, but it can hear and smell them -- and it hunts through the snow pack to survive until the warmth of spring brings everything back to the surface once more.



## Featured Specials of the Day

Monday, February 23

**ENTRÉES:** Roasted BBQ Chicken & Whole Wheat Roll, Texas Style Pork BBQ on Bun<sup>\*</sup>, Pizza Fiesta<sup>+</sup>, Chris P. Chicken Chunks & Grain  
**SIDES:** Vegetarian Baked Beans, Cole Slaw, Seasoned Potato Wedges, Pineapple Tidbits, Fresh Apple

Tuesday, February 24

**ENTRÉES:** Spicy Chicken & Steamed Rice, Taco Burger on Bun<sup>+</sup>, Cheese Pizza Slice<sup>+</sup>, Chicken Nuggets & Grain  
**SIDES:** Steamed Edamame, Steamed Green Beans, Sweet Potato Fries, Applesauce, Fresh Orange

Wednesday, February 25

**ENTRÉES:** Spaghetti & Meat Sauce<sup>1</sup> & Garlic Breadstick, Chris P. Chicken Sandwich, French Bread Pizza<sup>+</sup>, Chicken Tenders & Grain  
**SIDES:** Steamed Spinach, Celery & Carrot Sticks w/Dip, Seasoned Potato Stix, Mandarin Oranges, Fresh Pear

Thursday, February 26

**ENTRÉES:** Chicken Soft Taco, Toasted Cheese Sandwich<sup>+</sup>, Cheese Pizza Slice<sup>+</sup>, Popcorn Chicken & Grain  
**SIDES:** Tomato Soup<sup>+</sup>, Steamed Sweet Corn, Seasoned Potato Wedges, Tropical Fruit Salad, Fresh Apple

Friday, February 27

**ENTRÉES:** Lemon Pepper Pollock & Cilantro Lime Rice, Café Burger<sup>1</sup>, Cheese Pizza Bagel<sup>+</sup>, Chicken Patty Sandwich  
**SIDES:** Steamed Green Peas, Steamed Broccoli & Cheese, Crinkle Cut Fries, Applesauce, Fresh Orange

**4050 BY THE NUMBERS**  
TEXTS SENT PER MONTH BY THE AVERAGE 12-17 YEAR-OLD GIRL (BOYS AVERAGE 2550).

# eat fit

wanna stay fit?  
gotta eat right!



**item:**  
ramen noodles  
**verdict:**  
cheap for a reason

**tip:** Cheap and easy ramen noodles have long been a dietary mainstay of college students and other young folks struggling with both budgets and cooking skills. Well, you get what you pay for: a brick of ultra-processed calories and fat, treated with loads of salt so you'll think they're actually tasty.



Based on one packet of noodles