

**New Haven
Public Schools**

Our program is Peanut/Treenut,
Pork, and Shellfish free!

HS Menus for February 2020

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

Available Daily

Choice of 1 Milk
1% or Skim

May Take 2 to Complete Meal
Fresh Fruit
Fruit Cup

Available Daily
Salad Bar

Daily Alternate Entrees
Falafel Wrap
Yogurt Plate
Deli Bar
Sunbutter & Jelly Sandwich
Mon-Wed-Fri: Pizza
Tues: Burger
Thurs: Chicken Caesar Wrap

All entrees include choice of vegetables, fruits,
and milk.

Featured Specials of the Day

Monday, February 3
Seasoned Roasted Chicken Wings, Biscuit, Seasoned
Green Beans

Tuesday, February 4
Saucy Meatball Sub,
Seasoned Broccoli

Wednesday, February 5
Roast Chicken and Waffles
Seasoned Corn

Thursday, February 6
Hard or Soft Shell Beef Tacos, Seasoned Black Beans

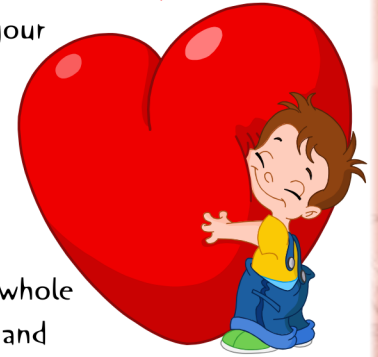
Friday, February 7
WG Cheese Pizza,
Mixed Vegetables

YEAR OF THE PIG



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!

★ OUR NATION'S HISTORY ★

Before there was Presidents' Day, there were two such days in February – the birthdays of two of our greatest Presidents, Abraham Lincoln (February 12) and George Washington (February 22), both fall during this month.



Many states and towns celebrated one or the other of both of these days from the time Washington's birthday was made a national holiday in 1885, until the two days were finally combined into a single day honoring both men in the 1970's. Today, the holiday is usually seen as celebrating all U.S. Presidents in general, not only Lincoln and Washington.

★ **WITH LIBERTY & JUSTICE FOR ALL** ★



Those candy hearts with the goofy messages on them make up 10.2% of Valentine's Day candy sales, the most of any single candy.

Winter Break February 17-21

Featured Specials of the Day

Monday, February 24
Cook's Choice

Tuesday, February 25
Curry Chicken, WG Chow Mein Noodles, Oriental Mix Vegetables

Wednesday, February 26
BBQ Beef Rib Patty on WG Roll, Texas Ranchero Pinto Beans

Thursday, February 27
Chicken Pasta Alfredo, Garlic Toast, WG Dinner Roll,

Friday, February 28
WG Cheese Pizza, Seasoned Green Beans

1 AND ONLY!

In a standard deck of playing cards, the King of Hearts is the **ONLY** King without a moustache. Happy Valentine's Day!

Featured Specials of the Day

Monday, February 10

BBQ Grilled Chicken Breast or Black Bean Burger on WG Roll, Seasoned Peas and Carrots

Tuesday, February 11

Hamburger or Cheeseburger on WG Bun
Sweet Potato Oven Fries

Wednesday, February 12

BBQ Pulled Turkey on WG Roll, Baked Beans

Thursday, February 13

Chicken Fajita on WG Tortilla,
WG Rice and Beans, Mexican Mixed Vegetables

Friday, February 14

WG Cheese Pizza, Seasoned Green Beans

eat fit

wanna stay fit?
gotta eat right!



item: oatmeal
verdict: any time

tip: Hot oatmeal does your body good on chilly winter's mornings – and afternoons and evenings, too! Just be sure to mix it with water or lowfat milk and lay off the extra sugar – try a few juicy blueberries or other fruit instead, and bump the protein and fiber with a sprinkle of nuts.

FIT METER

160	0.5	4
CALORIES	SAT FAT GRAMS	FIBER GRAMS

Teens should eat 1800-3200 calories a day, depending on gender and activity level. Shoot for fewer than 22g of sat fat and at least 25g of fiber a day.

Based on one cup of cooked oatmeal

36 BY THE NUMBERS
PERCENT OF AMERICAN TWELFTH GRADERS WHO DO VOLUNTEER SERVICE AT LEAST ONCE A MONTH