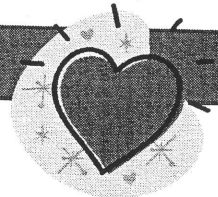




# 2012 February

## South Central High School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Rotini w/ Meatsauce Warm Garlic Bread Stick Vegetable Blend Tropical Fruit Salad Ice Cold Milk  2 <sup>nd</sup> : Colossal Burger/bun	<b>2</b> Crispy Chicken Sticks Buttered Bread Steamed Sweet Peas Chilled Peach Cup Ice Cold Milk  2 <sup>nd</sup> : Pulled BBQ Pork Sandwich	<b>3</b> Chicken Fajita Wrap Seasoned Green Beans Ripe Petite Banana Ranch Pasta Ice Cold Milk  2 <sup>nd</sup> : Meatball Sub
<b>6</b> Footlong Hot Dog On Bun Oven Baked Beans Crispy Onion Rings Chilled Diced Pears Ice Cold Milk  2 <sup>nd</sup> : Grilled Chicken Patty/bun	<b>7</b> Plump Mini Corn Dogs Crisscut Fries Applesauce Cup Fresh Bakes Cookie Ice Cold Milk  2 <sup>nd</sup> : Saucy Sticks/Cheese	<b>8</b> Southwest Pizza Fresh Garden Salad With dressing Chilled Mixed Fruit Mini Twix Bar Ice Cold Milk  2 <sup>nd</sup> : Colossal Burger/bun	<b>9</b> General TSO Chicken Fluffy White Rice Glazed Carrots Pineapple Tidbits Fortune Cookie Ice Cold Milk  2 <sup>nd</sup> : Pulled BBQ Pork Sandwich	<b>10</b> Crunchy Taco Salad Meat/Cheese/Lettuce/Chips Pinto's & Cheese Buttered Sweet Corn Diced Peaches Ice Cold Milk  2 <sup>nd</sup> : Meatball Sub
<b>13</b> Chicken Enchilada Fiesta Beans & Rice Tender Green Beans Warm Baked Apples Ice Cold Milk  2 <sup>nd</sup> : Grilled Chicken Patty/bun	<b>14</b> Turkey Deli Wrap Steamed Broccoli with Cheese Sauce Chilled Applesauce Dill Pickle Spear Ice Cold Milk  2 <sup>nd</sup> : Saucy Sticks/Cheese	<b>15</b> Pizza Dippers Warm Dipping Sauce Steamed Peas & Carrots Strawberry Cups Frito Corn Chips Ice cold Milk  2 <sup>nd</sup> : Colossal Burger/bun	<b>16</b> French Toast Sticks Grilled Sausage Patties Golden Brown Tator Tots Chilled Fruit Juice Ice Cold Milk  2 <sup>nd</sup> : Pulled BBQ Pork Sandwich	<b>17</b> No School  Teacher In-Service
<b>20</b> No School  President's Day	<b>21</b> Breaded Shrimp Poppers Warm Bosco Sticks Oven Baked Beans Tropical Fruit Salad Ice Cold Milk  2 <sup>nd</sup> : Saucy Sticks/Cheese	<b>22</b> Krispy Chicken Tenders Wheat Roll Whipped Potatoes With Gravy Pineapple/Mandarin Oranges Ice Cold Milk  2 <sup>nd</sup> : Colossal Burger/bun	<b>23</b> Toasted Cheese Sandwich Tomato Soup Cheddar Cheese Goldfish Crackers Applesauce cup Ice Cold Milk  2 <sup>nd</sup> : Pulled BBQ Pork Sandwich	<b>24</b> Flame Broiled Bacon Cheeseburger on Bun Creamy Cole Slaw Chilled Diced Pears Mixed Berry Fruit Snacks Ice Cold Milk  2 <sup>nd</sup> : Meatball Sub
<b>25</b> Stuffed Crust Pepperoni Pizza Fresh Garden Salad With dressing Pineapple Tidbits Mini Rice Krispie Ice Cold Milk  2 <sup>nd</sup> : Grilled Chicken Patty/bun	<b>28</b> Spaghetti & Meatballs Warm Garlic Bread Stick Capri Blend Vegetable Mixed Fruit Ice Cold Milk  2 <sup>nd</sup> : Saucy Sticks/Cheese	<b>29</b> General TSO Chicken Fluffy Whit Rice Steamed Broccoli with Cheese sauce Chilled Diced Peaches Ice Cold Milk  2 <sup>nd</sup> : Colossal Burger/bun		



**Did you know?**  
Getting vigorous physical activity every day is good for your heart and overall health. Vigorous activity is when your heart is beating fast and you are sweating after doing something physical like walking fast, running around doing something fun or playing your favorite sport. So let's get some physical activity in today.

**Just for fun:**  
Q: Why did the elephant put on skates before he went to bed?  
A: Because he wanted to get rolling in the morning!

