

FEBRUARY

JCHS MENU



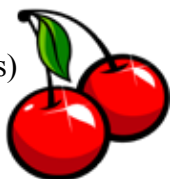
Sweet Potato Month



Sweet potatoes are high in Beta Carotene and Vitamins E and C.

National Cherry Month

Cherries contain melatonin (which regulates sleep cycles)



National Bagel Day

Bagels are the only breads that are boiled before baked. ...



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Golden or Spicy Chicken Strips or Philly Beef Sandwich or Burrito Bar	2 Spaghetti & Meat Sauce w/Bread or Hot Ham & Cheese or Popcorn Chicken w/Bread	3 Super Bowl Tailgate Chicken Wings w/Nachos & Cheese or Little Smokies w/Nachos & Cheese or Pizza Cookie w/M meal
		8 Early Release Chicken Nuggets or Hot Dog Bar or Hamburger Chips w/M meal	9 National Bagel Day Taco Crunch or Turkey Club Sandwich or Tornados	10 Choice of Pizza or BBQ Pork Sandwich or Spaghetti & Meat Sauce
6 Hamburger or Cheeseburger or Enchiladas or Pepperoni Bosco Breadsticks	7 Crispy or Spicy Chicken Filet Sandwich or Meatball Sub or Cheesy Chicken Pasta			

Available Daily for Lunch

- PB& J Sandwich
- Deli Sandwich
- Yogurt Bundles

Menus Subject to Change

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- The number of these conversation candy hearts produced is approximately 8 billion.
- There are approximately 50 million roses given on Valentine's Day around the world.
- Women tend to buy approximately 85% of all the Valentine's Day cards sold.








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Monday	Tuesday	Wednesday	Thursday	Friday
13 Pepperoni Bosco Breadsticks or Garlic Parmesan Grilled Chicken Sub or Baked Chicken w/Biscuit	14 Valentine's Day "Sweet" & Sour Chicken on Rice or "Honey" BBQ Rib Sandwich or Crispy or Spicy Chicken Valentine Cookie w/M Meal 	15 Golden or Spicy Chicken Strips or Chili w/Cheez-Its or Roast Turkey w/Hot Roll	16 Lotsa Pasta w/Bread or Hot Ham & Cheese Sandwich or Crispitos	17 Choice of Pizza or Chicken Fajitas or Chicken & Broccoli w/Rice 
20 President's Day No School	21 Crispy or Spicy Chicken Filet Sandwich or Toasted Ravioli w/Garlic Toast or Tacos	22 Spicy or BBQ Chicken Wings w/Biscuit or Broccoli Cheese Soup & Ham Sandwich or Quesadilla	23 Burrito Bake or Hot Sub Sandwich or Nacho Bar	24 Choice of Pizza or General Tso's Chicken on Rice Ice Cream w/M Meal
27 Hamburger or Cheeseburger or Enchiladas or Mozzarella Bosco Breadsticks	28 Mardi Gras Roast Beef Po-Boy Sandwich w/Gumbo or Muffaletta w/Gumbo or Pizza Kings Cake w/M Meal 	March 1 Bosco Mozzarella Breadsticks or Tuna Casserole or Crispitos 	2 BBQ Pork Sandwich or Mini Corn Dogs or Pizza Chips w/M Meal	3 No School  MARCH LET THE WIND BEGIN