

**EPPING
MIDDLE &
HIGH SCHOOL**

Menus for February 2019

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

Available Daily

Fruit & Veggie Bar included in all Meals

All Breads are Whole Grain

Milk offered with all Meals

1%, FF Chocolate, FF Strawberry

Main Meal.....\$3.00

Energy Pack.....\$3.00

Custom Deli Sub....\$3.50

**Choose your bread, meat, cheese &
veggies**

Garden Fresh Salads....\$3.50

Yogurt Parfait Meal.....\$3.00

**Harvest of the Month Vegetable
CABBAGE**

Featured Specials of the Day

Friday, February 1

Taco Bar/ Fixins
Seasoned Rice, Corn W/Peppers

Monday, February 4

Hot Dog on WG Roll
Boston Baked Beans, Creamy Coleslaw

Tuesday, February 5

Chicken Nuggets w/ Dinner Roll
Baked FF, Glazed Carrots

Wednesday, February 6

Fremont Pizza
Caesar Salad

Thursday, February 7

Pasta Bar
Meat Sauce, Marinara, Chicken Alfredo
Garlic Breadstick, Broccoli

Friday, February 8

Chili & Cheese Nachos
Seasoned Rice, Corn

YEAR OF THE PIG

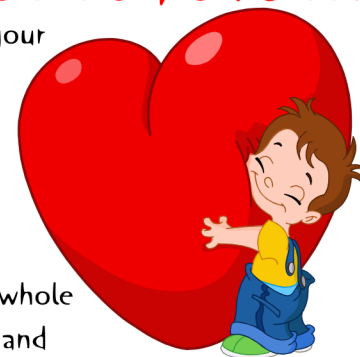


2019

**The Chinese New Year
begins with the new
moon on February 5.
2019 is the
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 or 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.

Featured Specials of the Day

Monday, February 18

Ham & Cheese Quiche
Warm Biscuit, Tater Tots

Tuesday, February 19

Soft Pork Taco on WG Tortilla
Taco Rice, Corn w/ Peppers

Wednesday, February 20

Fremont Pizza
Caesar Salad

Thursday, February 21

Burger on a WG Roll
Lettuce—Tomato—Onion—Pickles
Boston Baked Beans, Baked FF

Friday, February 22

Chefs Choice
Vegetable

Featured Specials of the Day

Monday, February 25

Through
Friday, March 1

WINTER BREAK

Featured Specials of the Day

Monday, February 11

Mozzarella Sticks/ Sauce
Buttered Noodles, Fresh Roasted Carrots

Tuesday, February 12

Chili Mac
Garlic Breadstick, Caesar Salad

Wednesday, February 13

Sals Pizza
Tossed Salad, Vanilla Pudding Cup

Thursday, February 14

Spicy Chicken Sub w/ Lettuce & Tomato
Rice Pilaf, Green Beans

Friday, February 15

Hot Turkey Sandwich on WW Bread
Buttered Noodles, Broccoli
Wild Blueberry Crisp



YOU LOVE IT. WE HAVE IT. SO COME 'N GET IT.

We feature great salad choices every day.
Hey, it's written in stone!

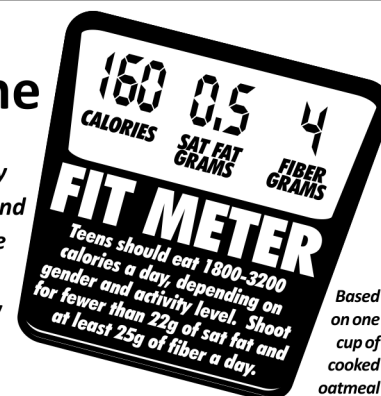
eatfit

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.



36

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