

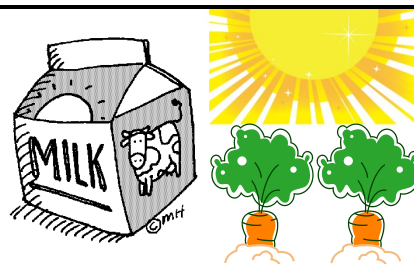
### Wed., Feb. 1

Personal Pan Pizza  
Fajita Nachos  
Chicken Salad Sub  
Chef Salad w/Turkey  
Mexican Rice  
Veggie Dippers  
Lettuce/Tomato  
Sautéed Peppers & Onions  
Refried Beans  
Fresh Fruit Basket  
Grapes  
Peach Crisp  
Crackers

### Thurs., Feb. 2

Honey-mustard Chicken  
Tenders  
Taco Zagna  
School Mascot Basket  
Crispy Chicken Salad  
Potato Rounds  
Sweet Potato Rounds  
Veggie Dippers  
Garden Salad  
Cali-blend Vegetables  
Grapefruit Half  
Fresh Fruit Basket  
Fruit Salad  
Crackers

Choice of  
milk served  
with all  
complete  
meals.



Veggie dippers & crackers  
are offered as a  
choice with every lunch.

\*This institution is an equal opportunity provider

### Fri., Feb. 3

Hot Dog  
Frito Pie  
Ham & Cheese Wrap  
Oriental Chicken Salad  
Baked Potato Half  
Baked Sweet Potato Half  
Veggie Dippers  
Lettuce/Tomato  
Broccoli & Cheese  
Baked Beans  
Fresh Fruit Basket  
Chilled Apricots  
Freshly-baked Cookie  
Crackers

### Mon., Feb. 6

Asian Chicken Bites  
Chicken Noodle Soup  
w/Grilled Cheese  
Burrito  
Picnic Chicken Salad  
Steamed Rice  
Veggie Dippers  
Garden Salad  
Oriental-style Vegetables  
Orange Wedges  
Fresh Fruit Basket  
Chilled Fruit Cocktail  
Fruit Slushie  
Crackers

### Tues., Feb. 7

Chicken Cordon Bleu Sand  
Spaghetti w/Meatballs  
Ham & Cheese Sub  
Apple & Yogurt Salad  
Tri Taters  
Veggie Dippers  
Garden Salad  
Green Beans  
Grapes  
Fresh Fruit Basket  
Chilled Peaches  
Baked Cinnamon Apples  
Garlic Loco Bread  
Crackers

### Wed., Feb. 8

Pizza  
Chicken Fajitas  
Turkey & Cheese Wrap  
Chef Salad w/Egg  
Mexican Rice  
Veggie Dippers  
Lettuce/Tomato  
Corn  
Pinto Beans  
Fresh Fruit Basket  
Chilled Pineapple  
Crackers

### Get Your Heart Racing this Valentine's Day with Exercise!

- ♥ Your heart is a vital organ that pumps oxygen and nutrient-rich blood to your tissues
- ♥ It beats ~100,000 times per day and pumps 2,000 gallons of blood through your arteries
- ♥ Your heart is a muscle that must be trained with exercise to handle its work-load
- ♥ Give your heart the gift of regular exercise this Valentine's Day for lifelong health

### Fall In Love with Physical Fitness

Not convinced? Just 30-60 minutes of exercise per day is proven to promote the following:

- ♥ Normal blood pressure and cholesterol
- ♥ Healthy body weight and increased muscle strength
- ♥ Increased energy level
- ♥ Decreased risk for chronic diseases associated with aging

### Take Small Steps Toward a Physically Active Lifestyle

- ♥ Walk instead of drive, whenever possible
- ♥ Do your chores— even vacuuming works your heart and burns calories
- ♥ Dance to music
- ♥ Do sit-ups while watching the TV

For more information, visit the  
American Heart Association at [www.heart.org](http://www.heart.org)

### Thurs., Feb. 9

Chicken Patty Sandwich  
Lasagna  
Fish & Shrimp Basket  
Chef Salad w/Turkey  
Potato Rounds  
Sweet Potato Rounds  
Veggie Dippers  
Garden Salad  
Glazed Carrots  
Breaded Okra  
Fresh Fruit Basket  
Fruit Salad  
Loco Bread  
Crackers

### Fri., Feb. 10

Fish Sandwich  
B.B.Q.  
Enchiladas  
Cobb Salad  
Potato Wedges  
Sweet Potato Wedges  
Veggie Dippers  
Lettuce/Tomato  
Mixed Vegetables  
Coleslaw  
Fresh Fruit Basket  
Chilled Mandarin Oranges  
Freshly-baked Cookie  
Crackers

### Mon., Feb. 13

Hot Ham & Cheese  
Crispy Steak & Gravy  
Chicken Quesadilla  
Chef Salad w/Egg  
Pasta Salad  
Veggie Dippers  
Lettuce/Tomato  
Corn  
Breaded Okra  
Fresh Fruit Basket  
Chilled Mandarin Oranges  
Pudding  
Roll  
Crackers

### Tues., Feb. 14

Heart-shaped Chicken  
Nuggets  
Cheesy Ravioli  
Ham & Cheese Sub  
Chef Salad w/Turkey  
Mashed Potatoes  
Whipped Sweet Potatoes  
Veggie Dippers  
Garden Salad  
Green Peas  
Orange Wedges  
Fresh Fruit Basket  
Fruit Salad  
Valentine Cake  
Crackers

### Questions?



Call 770-534-1080  
Hillary Savage  
Nutrition Director  
Cookie Palmer  
Nutrition Director  
Andrea Thomas  
Nutrition Coordinator

Are you  
eating  
right?

To find accurate  
**NUTRITION**  
information, visit:  
[www.eatright.org](http://www.eatright.org)

# FEBRUARY 2012

## Wed., Feb. 15

Personal Pan Pizza  
 Chicken & Bean Soup  
 Turkey & Cheese Wrap  
 Buffalo Chicken Salad  
 Macaroni & Cheese  
 Veggie Dippers  
 Garden Salad  
 Collard Greens or  
 Steamed Cabbage  
 Pinto Beans  
 Fresh Fruit Basket  
 Grapes  
 Jalapeno Cornbread  
 Crackers

## Thurs., Feb. 16

Smoky Rib Sandwich  
 Chicken & Noodles  
 Burrito  
 Grilled Chicken Salad  
 Baked Potato Half  
 Baked Sweet Potato Half  
 Veggie Dippers  
 Garden Salad  
 Broccoli & Cheese  
 Squash Casserole  
 Fresh Fruit Basket  
 Chilled Pineapple  
 Crackers

## Fri., Feb. 17

Hamburger/Cheeseburger  
 Chicken Pot Pie  
 Italian-Style Sub  
 Cobb Salad  
 French Fries  
 Sweet Potato Fries  
 Veggie Dippers  
 Lettuce/Tomato  
 Green Beans  
 Coleslaw  
 Fresh Fruit Basket  
 Chilled Pears  
 Freshly-baked Cookie  
 Crackers

## Mon., Feb. 20

### President's Day



Do you know which  
 presidents are carved  
 into Mount Rushmore?

Answer: Washington, Jefferson,  
 Roosevelt, and Lincoln

## Tues., Feb. 21

Chicken Nuggets  
 Sloppy Joes  
 Baked Ham  
 Chicken Caesar Salad  
 Mashed Potatoes  
 Whipped Sweet Potatoes  
 Veggie Dippers  
 Garden Salad  
 Peas & Carrots  
 Breaded Okra  
 Fresh Fruit Basket  
 Chilled Applesauce  
 President's Cookies  
 Roll/Cookies

## Wed., Feb. 22

Personal Pan Pizza  
 Fajita Nachos  
 Chicken Salad Sub  
 Chef Salad w/Turkey  
 Mexican Rice  
 Veggie Dippers  
 Lettuce/Tomato  
 Sautéed Peppers & Onions  
 Refried Beans  
 Fresh Fruit Basket  
 Grapes  
 Peach Crisp  
 Crackers

## Thurs., Feb. 23

Honey-Mustard Chicken  
 Tenders  
 Tacozagna  
 School Mascot Basket  
 Crispy Chicken Salad  
 Potato Rounds  
 Sweet Potato Rounds  
 Veggie Dippers  
 Garden Salad  
 Cali-blend Vegetables  
 Grapefruit Half  
 Fresh Fruit Basket  
 Fruit Salad  
 Crackers

## Fri., Feb. 24

Hot Dog  
 Frito Pie  
 Ham & Cheese Wrap  
 Oriental Chicken Salad  
 Baked Potato Half  
 Baked Sweet Potato Half  
 Veggie Dippers  
 Lettuce/Tomato  
 Broccoli & Cheese  
 Baked Beans  
 Fresh Fruit Basket  
 Chilled Apricots  
 Crackers

## Mon., Feb. 27

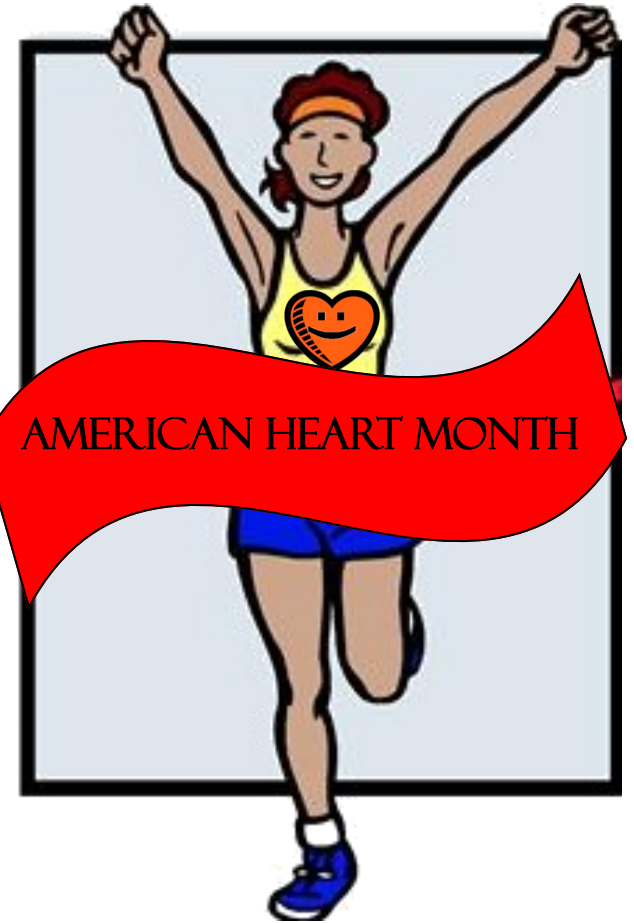
Asian Chicken Bites  
 Chicken Noodle Soup w/  
 Grilled Cheese Sandwich  
 Burrito  
 Picnic Chicken Salad  
 Steamed Rice  
 Veggie Dippers  
 Garden Salad  
 Oriental-style Vegetables  
 Orange Wedges  
 Fresh Fruit Basket  
 Chilled Fruit Cocktail  
 Fruit Slushie  
 Crackers

## Mon., Feb. 28

Chicken Cordon Bleu Sand  
 Spaghetti w/Meatballs  
 Ham & Cheese Sub  
 Apple & Yogurt Salad  
 Tri Taters  
 Veggie Dippers  
 Garden Salad  
 Green Beans  
 Grapes  
 Fresh Fruit Basket  
 Chilled Peaches  
 Baked Cinnamon Apples  
 Garlic Loco Bread  
 Crackers

## Tues., Feb. 29

Pizza  
 Chicken Fajitas  
 Turkey & Cheese Wrap  
 Chef Salad w/Egg  
 Mexican Rice  
 Veggie Dippers  
 Lettuce/Tomato  
 Corn  
 Pinto Beans  
 Fresh Fruit Basket  
 Chilled Pineapple  
 Crackers



# NORTH HALL- SCHOOL NUTRITION MENU

- ♥♥♥♥♥♥♥♥♥♥
- ♥ Breakfast Items ♥  
 ♥ may Include: ♥
- ♥ Biscuits (Sausage, Ham, ♥  
 ♥ Chicken, or Gravy) ♥
- ♥ Fruit (Chilled or Fresh) ♥  
 ♥ or Juice ♥
- ♥ Choice of Cold Cereal ♥  
 ♥ or Hot Cereal ♥
- ♥ Pancakes, French ♥  
 ♥ Toast, or Waffles ♥
- ♥ Eggs, Grits, or Toast. ♥
- ♥♥♥♥♥♥♥♥♥♥