

# February 2010

## Homer Inter/Jr High School

Monday	Tuesday	Wednesday	Thursday	Friday
<b>NO SCHOOL</b> <b>Staff Day</b> <b>1</b>	<b>Entrée:</b> <b>Chicken Fajita w/ Lettuce and Cheese</b> <b>2</b> <b>Sides:</b> <b>Steamed Brown Rice</b> <b>Seasoned Corn</b> <b>Assorted Fruits</b> <b>Milk Choice</b>	<b>Entrée:</b> <b>Hot Ham &amp; Cheese Melt</b> <b>3</b> <b>Sides:</b> <b>Seasoned Pasta</b> <b>California Blend Veggies</b> <b>Cinnamon Applesauce</b> <b>Milk Choice</b>	<b>Entrée:</b> <b>Cheeseburger on Bun</b> <b>4</b> <b>Sides:</b> <b>Confetti Fries</b> <b>Cut Green Beans</b> <b>Sliced Strawberries</b> <b>Milk Choice</b>	<b>Entrée:</b> <b>Assorted Homemade Pizza's</b> <b>5</b> <b>Sides:</b> <b>Tossed Salad w/ Dressing</b> <b>Steamed Broccoli</b> <b>Chilled Apricots</b> <b>Milk Choice</b>
<b>Entrée:</b> <b>Popcorn Chicken w/ Roll</b> <b>8</b> <b>Sides:</b> <b>Potato Gems</b> <b>Tossed Salad w/ Dressing</b> <b>Sliced Pears</b> <b>Milk Choice</b>	<b>Entrée:</b> <b>Scalloped Potatoes w/ Ham</b> <b>9</b> <b>Sides:</b> <b>Green Beans</b> <b>Baby Carrots w/ Dip</b> <b>Assorted Fruits</b> <b>Milk Choice</b>	<b>Entrée:</b> <b>Deli Day w/ Pretzels</b> <b>10</b> <b>Sides:</b> <b>Macaroni Salad w/ Veggies</b> <b>100% Juice Cup</b> <b>Blueberry Crisp</b> <b>Milk Choice</b>	<b>Entrée:</b> <b>Hot Turkey Sandwich</b> <b>11</b> <b>Sides:</b> <b>Mashed Potatoes</b> <b>Seasoned Peas</b> <b>Applesauce</b> <b>Milk Choice</b>	<b>Entrée:</b> <b>Personal Pan Pizza</b> <b>12</b> <b>Sides:</b> <b>Tossed Salad w/ Dressing</b> <b>Hot Vegetable</b> <b>Assorted Fruits</b> <b>Milk Choice</b>
<b>NO SCHOOL</b> <b>15</b>	<b>NO SCHOOL</b> <b>STAFF DAY</b> <b>16</b>	<b>Entrée:</b> <b>Chicken Patty on Bun</b> <b>17</b> <b>Sides:</b> <b>Potato Gems</b> <b>Green Beans</b> <b>Assorted Fruits</b> <b>Milk Choice</b>	<b>Entrée:</b> <b>Homemade Mac &amp; Cheese</b> <b>18</b> <b>Sides:</b> <b>Tossed Salad w/ Dressing</b> <b>Seasoned Carrots</b> <b>Fruit Cocktail</b> <b>Milk Choice</b>	<b>Entrée:</b> <b>Homemade Pizza</b> <b>19</b> <b>Sides:</b> <b>Tossed Salad w/ Dressing</b> <b>Broccoli Cuts</b> <b>Chilled Pears</b> <b>Milk Choice</b>
<b>Entrée:</b> <b>Chicken Alfredo w/ Roll</b> <b>22</b> <b>Sides:</b> <b>Tossed Salad</b> <b>California Blend Veggies</b> <b>Fruit Cup</b> <b>Milk Choice</b>	<b>Entrée:</b> <b>Soft Taco w/ Lettuce &amp; Cheese</b> <b>23</b> <b>Sides:</b> <b>Steamed Brown Rice</b> <b>Seasoned Corn</b> <b>Fruited Jell-O</b> <b>Milk Choice</b>	<b>Entrée:</b> <b>Toasted Cheese Sandwich</b> <b>24</b> <b>Sides:</b> <b>Tomato Soup w/ Goldfish Crackers</b> <b>Cut Green Beans</b> <b>Chilled Peaches</b> <b>Milk Choice</b>	<b>Entrée:</b> <b>Sloppy Joe on Bun</b> <b>25</b> <b>Sides:</b> <b>Mixed Vegetables</b> <b>100% Ice Juice Bar</b> <b>Cherry Crisp</b> <b>Milk Choice</b>	<b>Entrée:</b> <b>Big Daddy Pizza</b> <b>26</b> <b>Sides:</b> <b>Tossed Salad w/ Dressing</b> <b>Broccoli Cuts</b> <b>Pineapple Tidbits</b> <b>Milk Choice</b>

### Guess What?

Your heart can beat up to 40,000,000 times per year!  
 Roller-skating involves all of the body's muscles, especially the heart, and provides a complete aerobic workout.

### A La Carte

Breakfast	1.00
Lunch K-6	1.40
Lunch 7-12	1.50
Reduced Meals	.25

Assorted sandwiches, chef salad, yogurt and peanut butter and jelly available daily

Ala carte soups available

Menu subject to change

One hour delays-breakfast still available

Two hour delays-breakfast not offered

