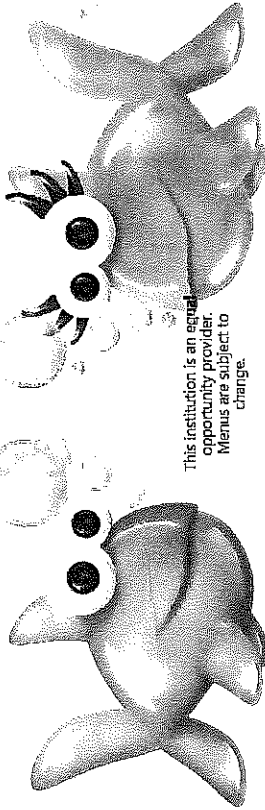


# Menus for February 2024

Allegheny-Clarion Valley School District



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

<b>Thursday, February 1</b>	<b>Friday, February 2</b>
<b>Breakfast</b> Sausage, Egg & Cheese Croissant Milk Fresh Fruit	<b>Breakfast</b> Mini Waffle Milk Fresh Fruit
<b>Lunch</b> Whole Grain Calzone 4 Way Mixed Vegetable Or Large Garden Salad Milk	<b>Lunch</b> Italian Pasta Bake Garlic Bread Stick Steamed Green Beans Milk
<b>Secondary</b> Cheeseburger	<b>Secondary</b> Cheeseburger

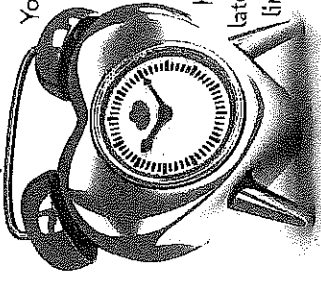
<b>Thursday, February 8</b>	<b>Friday, February 9</b>
<b>Breakfast</b> Sausage, Egg & Cheese Croissant Milk Fresh Fruit	<b>Breakfast</b> Mini Waffle Milk Fresh Fruit
<b>Lunch</b> Grilled Cheese Tomato Soup Or Large Garden Salad Milk	<b>Lunch</b> <b>Superbowl Party</b> Wings, Pretzles with Cheese, Chips with Black Bean Salsa Milk
<b>Secondary</b> Cheese Pizza	<b>Secondary</b> Cheese Pizza

<b>Wed., February 7</b>
<b>Breakfast</b> Muffin Cereal Variety Milk Fresh Fruit
<b>Lunch</b> Crispy Chicken Sandwich Steamed Carrots Baked Beans Milk
<b>Secondary</b> Cheese Pizza

<b>Tuesday, February 6</b>
<b>Breakfast</b> Pancake & Sausage on a Stick Milk Fresh Fruit
<b>Lunch</b> Walking Taco Or Large Garden Salad Milk
<b>Secondary</b> Cheese Pizza

<b>Monday, February 5</b>
<b>Breakfast</b> Ham, Egg & Cheese Croissant Milk Fresh Fruit
<b>Lunch</b> Popcorn Chicken Bowl With Mashed Potato Steamed Corn Milk
<b>Secondary</b> Cheese Pizza

## TRUST YOUR HEART.



Your heart knows: WHAT TIME you eat matters. Eating a healthy meal early in the day is linked to a lower risk of heart attack, while eating late at night before bed is linked to an increased risk. Listen to your heart!

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. WELLNESS IS A WAY OF LIFE!**

## Word of the Month

### kind·ness

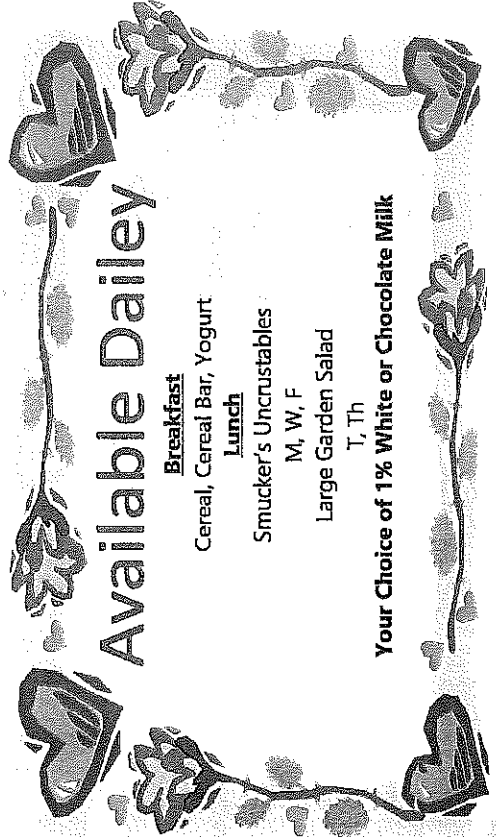
- noun 1. goodness; benevolence
- 2. consideration for the feelings and well-being of people other than oneself
- 3. sympathy; gentle helpfulness

## Available Dailey

**Breakfast**  
Cereal, Cereal Bar, Yogurt

**Lunch**  
Smucker's Uncrustables  
M, W, F  
Large Garden Salad  
T, Th

**Your Choice of 1% White or Chocolate Milk**



**Monday, February 12**

**Breakfast**  
Ham, Egg & Cheese  
Croissant  
Milk  
Fresh Fruit

**Lunch**  
Chicken Nuggets  
Macaroni & Cheese  
Peas & Carrots  
Milk

**Secondary**  
Cheeseburger

**Tuesday, February 13**

**Breakfast**  
Pancake & Sausage  
on a Stick  
Milk  
Fresh Fruit

**Lunch**  
Loaded Nacho Grande  
Steamed Corn  
Or  
Large Garden Salad  
Milk

**Secondary**  
Cheeseburger

**Wed., February 14**

**Breakfast**  
Muffin  
Cereal Variety  
Milk  
Fresh Fruit

**Lunch**  
Crispy Fish Sandwich  
French Fries  
Coleslaw  
Baked Triple Berry Tarts  
Milk

**Secondary**  
Cheeseburger

**Thurs., February 15**

**Breakfast**  
Sausage, Egg & Cheese  
Croissant  
Milk  
Fresh Fruit

**Lunch**  
Chicken and Waffles  
Hash Rounds  
Or  
Large Garden Salad  
Milk

**Secondary**  
Cheeseburger

**Friday, February 16**

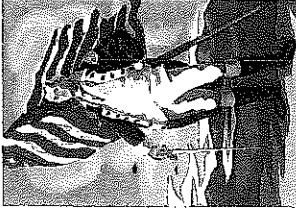
**Breakfast**  
Mini Waffle  
Milk  
Fresh Fruit

**Lunch**  
Cheese Lasagna Roll-Up  
Steamed Green Beans  
Garlic Bread Stick  
Milk

**Secondary**  
Cheeseburger

**Monday, February 19**

*Presidents' Day*



*No School Today*

**Tuesday, February 20**

**Breakfast**  
Pancake & Sausage  
on a Stick  
Milk  
Fresh Fruit

**Lunch**  
Walking Taco  
Steamed Corn  
Or  
Large Garden Salad  
Milk

**Secondary**  
Pepperoni Pizza

**Wed., February 21**

**Breakfast**  
Muffin  
Cereal Variety  
Milk  
Fresh Fruit

**Lunch**  
French Toast Sticks  
Scrambled Eggs  
Sausage Patty  
Hash Rounds  
Milk

**Secondary**  
Pepperoni Pizza

**Thurs., February 22**

**Breakfast**  
Sausage, Egg & Cheese  
Croissant  
Milk  
Fresh Fruit

**Lunch**  
Crispy Chicken Sandwich  
French Fries  
Or  
Crispy Chicken Salad  
Milk

**Secondary**  
Pepperoni Pizza

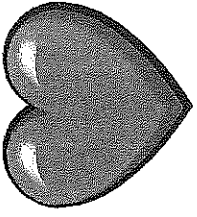
**Friday, February 23**

**Breakfast**  
Mini Waffle  
Milk  
Fresh Fruit

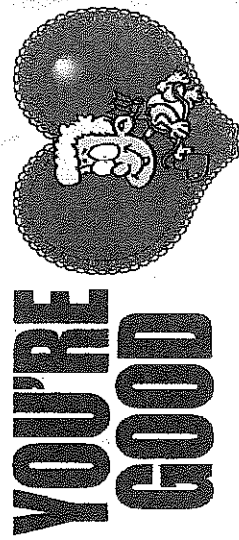
**Lunch**  
Macaroni & Cheese  
4 Way Mixed Vegetable  
Garlic Bread Stick  
Milk

**Secondary**  
Pepperoni Pizza

**HAPPY  
VALENTINE'S  
DAY!**



**FEBRUARY 14**

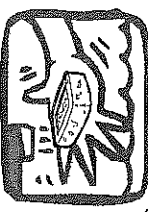


**YOU'RE  
GOOD**

**ALL STUDENTS EAT BREAKFAST @  
NO COST ALL YEAR LONG**

**FLOO POWDER!**

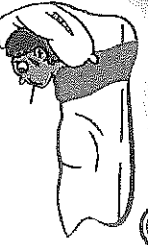
Harry Potter and his pals use magical FLOO Powder to move around their world, but in our world there's no magic cure for the FLU. But there are three ways you can help keep yourself and others healthy during flu season.



**1** Wash your hands frequently.



**2** Cover up when you sneeze or cough.



**3** If you do get sick, stay home.