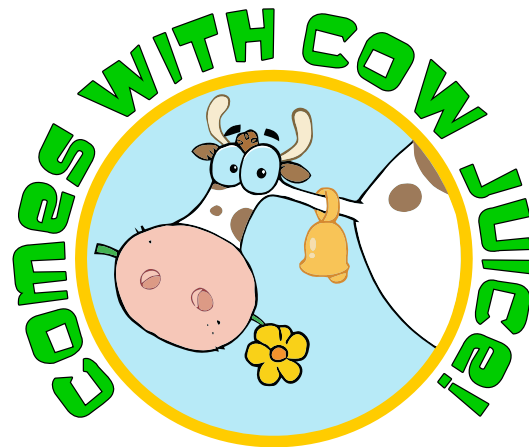


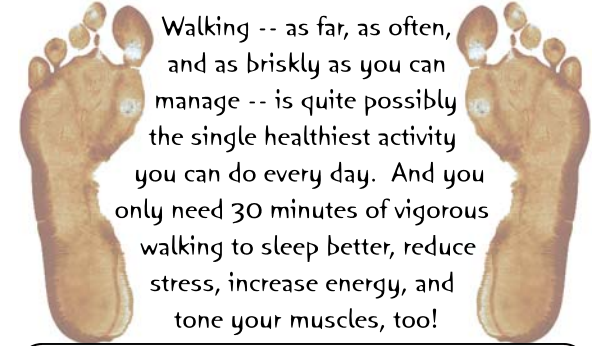
Menus for February 2012

Seaford Senior High School
This institution is an equal opportunity provider.



Every complete meal we serve, includes your choice of low-fat white, fat-free white or fat-free chocolate milk.

MAKE SOME TRACKS.



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

Available Daily

BLUE JAY PIZZERIA:
Cheese Pizza / Pepperoni Pizza
Also Includes: Sides, Dessert & Milk
Deli Bar:
Ready-to-go!...Assorted Subs, Sandwiches, Wraps, Sides, Dessert & Milk
Fresh Assorted Salads or Yogurt includes Bread or Crackers, Dessert & Milk
Also available each day:
Assorted Fresh Fruit
"Got Milk"...and it is included with each breakfast and lunch

NUTRITION TO GO
Chocolate is "chock-full" of antioxidants and other substances that are good for you. But all chocolate isn't created equal. Dark chocolate -- at least 65% cocoa -- delivers these health benefits efficiently. But the chocolate used for most candy is less than 30% cocoa with lots of added sugar, so you need to eat 2 or 3 times as much chocolate (and a lot more calories!) for the same benefits.

A TASTY MORSEL FOR TEENAGERS

Wednesday, February 1

Chicken Tenders /Hot Whole Wheat Roll
Or
Hot Ham and Cheese on Whole Wheat Bun

Sides
Creamy Au Gratin
Potatoes
Steamed Green Beans
Lima Bean Soup
Fruit Crisp

Thursday, February 2

Spaghetti /Meat Sauce /Whole Wheat Toasted Garlic Bun
Or
Roast Beef on Whole Wheat Submarine Roll

Sides
Spinach Salad with Grape Tomatoes
Homemade Chicken Rice Soup
Chilled Mixed Fruit Cup

Friday, February 3

Meatball and Mozz on Whole Wheat Submarine Roll
Or
Rib-B-Que

Sides
Marinated Fresh Vegetable Salad
Vegetable Beef Soup
Chilled Rosy Applesauce

Monday, February 6

Hot Dog on Whole Wheat Roll
Or
Chicken Patty on Whole Wheat Bun

Sides
Oven Crispy Potato Tots
Open Hearth Baked Beans
Homemade Chicken Pasta Soup

Tuesday, February 7

Big Daddy Pizza Wedge
Or
Tuna Salad Sub on Whole Wheat Roll

Sides
Steamed Greens
Beef Noodle Soup
Chilled Pears

Wednesday, February 8

Beef Taco/Shredded Cheese/Hard Shell or Soft
Or
Egg Roll

Sides
Basil Bean Salad
Diced Tomatoes/Shredded Lettuce
Mexican Rice
Peas N Dumplings
Chilled Fruit Cocktail

Thursday, February 9

Chicken Nuggets /Hot Whole Wheat Roll
Or
Grilled Cheese on Whole Wheat

Sides
Mashed Sweet Potatoes
Savory Carrot Coins
Creamy Tomato Soup
Cinnamon Applesauce

Friday, February 10

Shepherd's Pie /Whole Wheat Breadstick
Or
Hamburger on Whole Wheat Bun

Sides
Peas and Corn Medley
Fiesta Soup
Chilled Peaches

Monday, February 13

Inservice Day



No School Today

Tuesday, February 14

Mozzarella Sticks /
Marinara Sauce
Or
Grilled Cheese

Sides

Steamed Kale
Creamy Tomato Soup
Chilled Tropical Fruit

Wed., February 15

Mandarin Orange
Chicken Bowl
Or
Honey Mustard Deli
Wrap

Sides

Steamed Brown Rice
Steamed Broccoli
Florets
White Chicken Chili
Chilled Mandarin Fruit
Cup

Thursday, February 16

Mardi Gras
Buffet

Oven Fried Chicken
Crispy Fish Wedge
Red Beans and Rice
Cheesy Grits
Cajun Green Beans
Tossed Garden Salad
Assorted Fruits

Friday, February 17

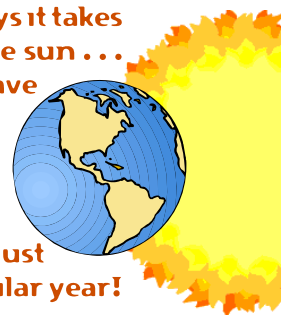
Popcorn Chicken /Hot
Whole Wheat Roll
Or
Sliced Turkey on
Ciabatta

Sides

Fluffy Mashed Potatoes
Teriyaki Glazed Green
Beans
Lima Bean Soup
Rosy Applesauce

365.2422

That's how many days it takes
the earth to orbit the sun ...
and that's why we have
leap year. We add a
day to the month of
February every four
years to make up for
the .2422 days that just
won't fit in our regular year!



LEAP YEAR 2012

Monday, February 20

Presidents' Day



No School Today

Tuesday, February 21

French Bread Pizza
Or
Rib B Q on Whole
Wheat Roll

Sides

Steamed Winter Mix
Vegetables
Peas N Dumplings
Chilled Fruit Cocktail

Wed., February 22

Fish Filet on Whole
Wheat Roll
Or
Chicken Patty on
Whole Wheat Roll

Sides

Marinated Corn and Pea
Salad
Beef Noodle Soup
Chilled Pineapple
Tidbits

Thursday, February 23

Shrimp Poppers /
Whole Wheat Breadstick
Or
Sloppy Joe on Whole
Wheat Bun

Sides

Creamy Macaroni and
Cheese
Butternut Squash
Homemade Chicken
Rice Soup
Chilled Diced Pears

Friday, February 24

Open Faced Hot
Turkey Sandwich
Or
Chicken Quesadilla /
Salsa

Sides

Mashed Sweet Potatoes
Savory Carrots
Fiesta Soup
Chilled Peaches

Monday, February 27

Cheeseburger on
Whole Wheat Roll
Or
Chicken Patty on
Whole Wheat Bun

Sides

Oven Crispy Potato
Wedges
California Blend
Vegetables
White Chicken Chili
Chilled Diced Pears

Tuesday, February 28

Twisted Crust Pizza
Or
Honey Mustard Deli
Wraps

Sides

Tossed Romaine and
Mesculin Salad
Fiesta Soup
Sweet Pineapple Bits

Wed., February 29

Chicken Tenders /Hot
Whole Wheat Roll
Or
Hot Ham and Cheese
on Whole Wheat Bun

Sides

Fluffy Mashed Potatoes
Steamed Green Beans
Lima Bean Soup
Fruit Crisp

Please don't forget
to remember ...



... to bring your
lunch money!

FIT FAT

WANNA STAY FIT?
FIGHT THE FAT!

ITEM: Cheese Puffs
VERDICT: You'll puff, too.

TIP: Like many salty
snacks, cheese puffs are
high in fat and calories
and low in nutrition value.
Unlike most salty snacks,
cheese puffs stain your
fingers orange. You decide
if this is a good thing.



Numbers based on a
and that's not very many puffs.
The label says
0g trans fat, but they're allowed to say that if it's less than
.5 grams per serving, which, again, can really add up.

A HERO OF THE REVOLUTION

James Armistead was a Revolutionary War patriot and
spy. He slipped behind enemy lines and obtained
information about British troops in Virginia that
helped the American side win the war at the Battle
of Yorktown. He later added the last name
"Lafayette" as a tribute to French General
Lafayette who fought with George Washing-
ton and the Americans during the war.

AFRICAN AMERICAN HISTORY MONTH

Learn more at blackpast.org or do a search for James Armistead Lafayette