

Saline Middle School

Featured Specials of the Day

Monday, February 20

No School

Tuesday, February 21

Spaghetti w/wo Meat Sauce
Green Beans
Apple Crisp

Wednesday, February 22

Shrimp w/ Vegetarian Beans
Corn Vegetarian Baked Beans
Pears

Thursday, February 23

Cinnamon French Toast w/Sausage
Potato Rounds
Cinnamon Applesauce

Friday, February 24

Fish Sandwich
Tangerine Chicken
Rice Carrot Coins
Pineapple

Monday, February 27

Cheesy Bread
Broccoli
Applesauce

Tuesday, February 28

Lasagna
Green Beans
Pears

Wednesday, February 29

Soft or Hard Taco's
Chicken Quesadilla
Rice Corn
Peaches

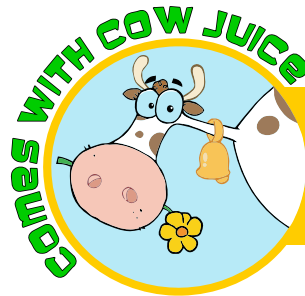
ANDY WASN'T USUALLY **THE ROMANTIC TYPE**. BUT RIGHT AROUND LUNCH TIME EVERY SCHOOL DAY, HE DEVELOPED A **SUDDEN AND OVERWHELMING CRUSH** ON WHATEVER WAS BEING DISHED UP IN THE CAFETERIA.



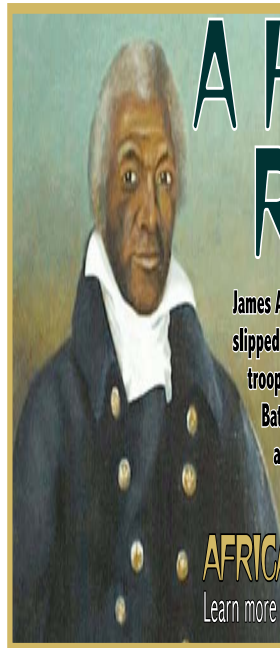
NUTRITION ANALYSIS OF THIS TYPICAL SCHOOL LUNCH COMBO:

ROASTED CHICKEN BREAST
WHEAT ROLL
POTATOES AU GRATIN, BROCCOLI SPEARS
CHERRY COBBLER
NONFAT CHOCOLATE MILK

TOTAL CALORIES: 772
CALORIES FROM PROTEIN: 18%
CAL. FROM CARBOHYDRATES: 58%
CALORIES FROM FAT: 24%
GOAL: 30% OR LESS FAT CALORIES



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



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 Washington and the Americans during the war.

AFRICAN AMERICAN HISTORY MONTH

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

Available Daily

Yogurt w/wo Cheese Stick, Uncrustable PB & J,

Monday's - Chicken Sandwich

Tuesday's - Chicken Nuggets or Hamburger w/wo Cheese

Wednesday's - Pizza

Thursday's - Toasted Cheese w/ Tomato Soup or

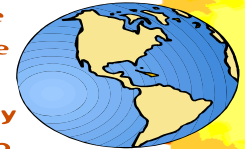
Hamburger w/wo Cheese

Friday's - Pizza or Rotisserie Chicken

Everyday—Baked Fries

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

Express Lane Menu Line 6

Monday's - Bosco Sticks

Chicken Sandwich, Nachos

Tuesday's - Pepperoni Calzones, Nachos

Hamburger w/wo Cheese

Wednesday's -

Pizza, Nachos, Chicken Sandwich

Thursday's - Cheesy Crazy Bread, Nachos,

Hamburger w/wo Cheese

Friday's - Pepperoni or Cheese Pizza,

Nachos