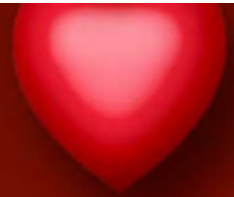


# Superior Central School

# February 2009



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cereal and muffins <b>2</b> Cal-zones	Scrambled eggs and ham <b>3</b> Chili and bread sticks	Cereal and toast <b>4</b> Cheddar fries	Cheese omelet <b>5</b> Turkey subs	Cereal and muffins <b>6</b> Macaroni and cheese
Cereal and muffins <b>9</b> Chicken stir-fry over rice	French toast sticks <b>10</b> Walking taco	Cereal and muffins <b>11</b> Chicken gravy over biscuits	Eggs and sausage <b>12</b> Roast turkey and fries	Cereal and muffins <b>13</b> Ravioli
<b>PRESIDENT'S DAY</b> <b>16</b> Winter Break No school	Winter Break <b>17</b> No school	Winter Break <b>18</b> No school	Winter Break <b>19</b> No school	Winter Break <b>20</b> No school
Cereal and muffins <b>23</b> Chicken fajitas	Eggs and ham <b>24</b> Turkey wraps	<b>ASH WEDNESDAY</b> <b>25</b> Cereal and muffins Fish sticks and fries	Pancakes <b>26</b> Hammy sammy w/chips	Cereal and muffins <b>27</b> Spaghetti and bread sticks

## A La Carte

Monday thru Friday we will offer a min menu item, chef salad and pizza. Cheese pizza is on every Monday.

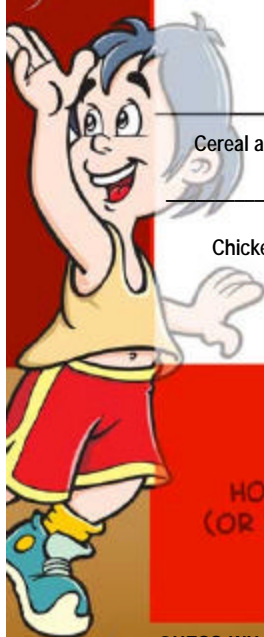
We will also offer chicken nuggets on Mondays and Wednesday and Bake potatoes with all the fixings on Tuesday and Thursday.

## School News

Menus are subject to change due to the availability of product.

We also have three choices of milk 2%, skim and choc.

Condiments are offered when needed.



## GUESS WHAT?

A PERSON BREATHE 7 QUARTS OF AIR EVERY MINUTE.  
HOW YOU FEEL ON ANY GIVEN DAY IS THE RESULT OF YOUR LAST FOUR (OR MORE) NIGHTS OF SLEEP. GETTING EIGHT HOURS OF SLEEP ONE NIGHT WON'T PROVIDE MUCH BENEFIT IF YOU'RE ONLY AVERAGING FIVE HOURS A NIGHT THE REST OF THE WEEK.

