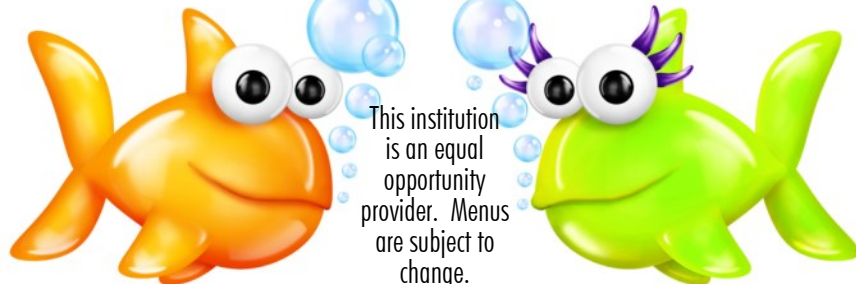


Menus for February 2024

Conemaugh Township Middle / High School



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

Monday, February 5

Breakfast

Cheese Omelet & Biscuit
Or
Dutch Waffle

Lunch

Soft Shell Taco
Or
Nachos Grande

Breadstick
Corn, Black Beans
Fruit

Tuesday, February 6

Breakfast

Ham, Egg & Cheese Muffin
Or
Breakfast Bar

Lunch

Lasagna
Or
Fish Sticks

Dinner Roll
Roast Carrots
Green Beans, Fruit

Wednesday, February 7

Breakfast

Sausage & Hashbrowns
Or
Fruit Frudel

Lunch

Italian Panini
Or
Meatball Sandwich

Cauliflower
Peas
Fruit

Thursday, February 8

Breakfast

Scrambled Eggs & Eng Muffin
or
Scone

Lunch

Chicken Nuggets w/ Roll
Or
BBQ Pork Sandwich

Baked Potato
Broccoli w/ Cheese
Fruit

Friday, February 9

Breakfast

Tornados
Or
Donut Holes

Lunch

Pizza
Or
Chicken Salad Croissant

Tossed Salad
Carrot Sticks
Fruit

Thursday, February 1

Breakfast

Flapstick
Or
Raspberry Turnover

Lunch

Hamburger/ Cheeseburger
Or
Sloppy Joe

Tater Tots
Baked Beans
Fruit

Friday, February 2

Breakfast

Sausage, Egg & Cheese Pretzel
Or
Assorted Muffins

Lunch

Chicken Tenders w/ Roll
Or
Deli Sandwich

Curly Fries
Broccoli
Fruit

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

2024

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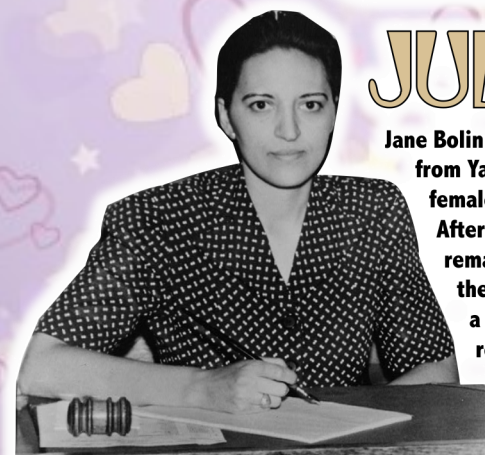
The Chinese New Year begins with the new moon on February 10, 2024 is the Year of the Dragon.



YEAR OF THE DRAGON



Every complete meal we serve comes with your choice of milk!



JUDGE JANE

Jane Bolin was the first black woman to graduate from Yale Law School and the first black female judge ever in the United States. After her appointment in 1931, she remained the sole black female judge in the country for 20 years. After serving as a judge for nearly half a century, she retired and volunteered as a reading instructor in New York City public schools before her death at 98 years old in 2007.

AFRICAN AMERICAN HISTORY MONTH

Monday, February 12

Breakfast

Breakfast Burrito
Or
Cinnamon Roll

Lunch

Crispy Chicken Sandwich
Or
Italian Sausage Sandwich

Potato Smiles
Sweet Potatoes
Fruit

Tuesday, February 13

Breakfast

Sausage Gravy over Biscuits
Or
French Toast Bar

Lunch

Pierogie Pizza
Or
Corn Dog

Sweet Potato Fries
Cauliflower
Fruit

Wed., February 14

Breakfast

Ham, Egg & Cheese Bagel
Or
Donut

Lunch

Popcorn Chicken
Or
Popcorn Shrimp

Buttered Noodles
Carrots, Broccoli
Fruit

Thursday, February 15

Breakfast

Breakfast Pizza
Or
Ultimate Breakfast Round

Lunch

Penne Pasta w/ Meat Sauce
Or
Chicken Alfredo

Italian Bread
Green Beans, Mixed Veggies
Fruit

Friday, February 16

Breakfast

Bacon, Egg & Cheese
Flatbread
Or
Churro

Lunch

Grilled Cheese Sandwich
Or
Fish Sticks

Tomato Soup
Tossed Salad
Carrot Sticks, Fruit



Swans are one of the few animals that will mate for life!

Happy Valentine's Day!

Monday, February 19

Presidents' Day



No School Today

Tuesday, February 20

Breakfast

Red, White & Blue Waffles
Or
Sausage & Hashbrowns

Lunch

Hot Ham & Cheese Pretzel
Or
Turkey Bacon Croissant

Chicken Noodle Soup
Fries
Green Beans Fruit

Wed., February 21

Breakfast

Pancakes & Sausage Links
Or
Zucchini Bread

Lunch

Bacon Chicken Ranch
Flatbread
Or
Philly Steak Sandwich
Oven Browned Potatoes
Corn
Fruit

Thursday, February 22

Breakfast

Country Scrambler w/ Biscuit
Or
Scone

Lunch

Chicken over Biscuits
Or
Deli Sandwich

Mashed Potatoes
Peas & Carrots
Fruit & Pudding

Friday, February 23

Breakfast

Cheese Omelet w/ Eng. Muffin
Or
Assorted Muffins

Lunch

Pizza
Or
Tuna Salad Wrap

Tossed Salad
Baby Carrots w/ Dip
Fruit

NUTRITION TO GO

Winter is the season when the fresh orange crop is at its juicy peak -- and that's also when we can really use the color, flavor, and aroma of fresh oranges, tangerines, and clementines. Oranges (mainly in juice form) are easily the primary source of vitamin C for Americans, but choose whole fresh oranges for a good shot of fiber, too.

A QUICK BITE FOR PARENTS

Monday, February 26

Breakfast

Creamed Chipped Beef
Over Biscuits
Or
Bagel w/ Cream Cheese

Lunch

Hot Dog
Or
Pepperoni Roll
Broccoli w/ Cheese
Smiley Fries
Fruit

Tuesday, February 27

Breakfast

Green Eggs & Ham
Or
Dunkin Sticks

Lunch

Walking Taco
Or
Soft Shell Taco

Rice, Lettuce & Tomato
Corn
Fruit

Wed., February 28

Breakfast

Scrambled Eggs & Hashbrown
Or
Cinni Mini

Lunch

Bacon Cheeseburger or
Hamburger
Or Deli Sandwich

Pierogies
Baked Beans
Green Bean, Fruit

Thursday, February 29

Breakfast

Sausage Pretzel Sandwich
Or
French Toast Sticks

Lunch

Chicken Nuggets
Or
Chicken Fajita

Soft Pretzel
Sweet Potato Fries
Broccoli & Fruit

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.