

## Food for Thought

### Let's Help—Hoops for Heart®

#### What is Hoops for Heart®?

It's a fun event that helps others!

You'll have the chance to:

- Learn basketball skills
- Find out more about heart health
- Help kids with special hearts

#### How does it work?

When you participate, you raise money that goes to the American Heart Association. The money will help pay for new medicines for kids with special hearts. It will also help discover new medicines and treatments.

#### Ready to assist?

- Ask your PE teacher for a Hoops for Heart® collection envelope.
- Have your parents sign the permission slip—a very important step!
- Set your dollar goal by deciding how much money you want to raise.
- Raise money using your very own webpage and email. It's easy and fun to set up your own online HeartQuarters!

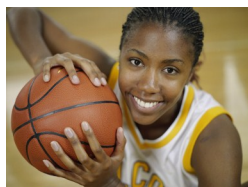
#### North Carolina in Top 100 Donations for 2009-2010!

- Davis Drive Middle School
- South Charlotte Middle School
- Harris Road Middle School

**Nutrilink:** Look up **Hoops for Heart** at [www.heart.org](http://www.heart.org) to jump...shoot...save!





## February

- American Heart Month
- Children's Dental Health Month



# Menus for February 2012

## Bunn Middle School

Milk Choices Available For Breakfast & Lunch:		Wednesday, February 1	Thursday, February 2	Friday, February 3
<b>Skim Chocolate 24</b> <b>1% Plain 12</b> <b>Skim Plain 11</b>		<b>BREAKFAST</b> Pancake Griddle 25	<b>BREAKFAST</b> Granola Breakfast Round 43	<b>BREAKFAST</b> Cherry Frudel 36
		<b>Juice Choices for Breakfast:</b> <b>Orange 14</b> <b>Apple 15</b> <b>Grape 19</b> <b>Orange-Pineapple 16</b>	<b>LUNCH</b> Italian Lasagna 27 w/ Breadstix 19	<b>LUNCH</b> Turkey Supreme 15 w/ Whole Wheat Yeast Roll 24
		Green Beans 6 Steamed Broccoli & Cheese 6 Crisp Garden Salad 2	Glazed Sweet Potatoes 38 Steamed Cabbage 5 Crisp Garden Salad 2	Homemade Vegetable Soup 16 w/ Crackers 18 Baked Beans 33 Crisp Garden Salad 2
		Mixed Fruit 19 	Rice Pineapple Jell-O Cup 35	Sliced Pears 31 
Monday, February 6	Tuesday, February 7	Wednesday, February 8	Thursday, February 9	Friday, February 10
<b>BREAKFAST</b> Smucker's Cinnamon Snack n' Waffles 33	<b>BREAKFAST</b> Chicken Slider 21	<b>BREAKFAST</b> Breakfast Pizza 17	<b>BREAKFAST</b> Apple Blossom Muffin 45	<b>BREAKFAST</b> Cheesy Mozzarella Stix 15
<b>LUNCH</b> Salisbury Steak & Gravy 4 w/ Dinner Roll 14	<b>LUNCH</b> Chicken BBQ Sandwich 25	<b>LUNCH</b> Chicken Fillet Sandwich 25	<b>LUNCH</b> Jennie O Turkey & Gravy 4 w/ Whole Wheat Yeast Roll 24	<b>LUNCH</b> Fish Sandwich 29
Rice Lima Beans 17 Steamed Cabbage 5 Crisp Garden Salad 2	Scalloped Potatoes 21 Seasoned Greens 4 Crisp Garden Salad 2 	Carrot Cup 6 Fresh Apple 19	Sweet Corn 24 Baked NC Sweet Potato 11 Crisp Garden Salad 2	Baked Beans 33 Steamed Broccoli & Cheese 6 Creamy Cole Slaw 6
Mixed Fruit 19	Fresh Orange 11	<b>EARLY RELEASE</b> 	Sliced Pears 31 Rice	Sliced Peaches 19

**Additional Menu Choices:**

**Monday:**  
**Pepperoni Pizza 37**  
**Chicken Nuggets 14 w/ Roll 14**  
**French Fries 31**

**Tuesday:**  
**Corn Dog Nuggets 31**  
**Chicken Fillet Sandwich 25**

**Wednesday:**  
**Fiesta Pizza 41**  
**Chicken Tenders 14 w/ Roll 14**

**Thursday:**  
**Cheesy Mozzarella Sticks 30**  
**BBQ Sandwich 19**

**Friday:**  
**Cheeseburger 16**  
**Chicken Nuggets 14 w/ Roll 14**  
**French Fries 31**

Applications for free and reduced meals are available at your child's school. They may be completed at any time during the school year.

**Middle School Prices:**  
**Breakfast: Full Price..1.25**  
**Reduced..Free**

**Lunch**  
**Full Price..2.25**  
**Reduced...40**







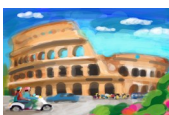
Carb counts are listed beside the menu item. Carbs may vary due to preparation and the availability of products.

**BUNN MIDDLE SCHOOL**



“Franklin County Schools is an equal opportunity provider and employer”

Sources: www.heart.org, http://kidshealth.org

<p><b>Monday, February 13</b></p> <p><b>BREAKFAST</b> Super Donut 43</p> <p><b>LUNCH</b> Land O Lakes Macaroni &amp; Cheese w/ Dinner Roll 14</p> <p>Green Peas 8 Steamed Cabbage 5 Crisp Garden Salad 2</p> <p>Pineapple Tidbits 28 </p>	<p><b>Tuesday, February 14</b></p> <p><b>BREAKFAST</b> Cheese &amp; Egg Biscuit 27</p> <p><b>LUNCH</b> Chicken BBQ Sandwich 25</p> <p>Mashed Potatoes 3 Black Eye Peas 27 Seasoned Greens 4 Crisp Garden Salad 2</p> <p>Sliced Peaches 19</p>	<p><b>Wednesday, February 15</b></p> <p><b>BREAKFAST</b> Breakfast Pizza Bagel 19</p> <p><b>LUNCH</b> Saucy Spaghetti 28  w/ Breadstix 19</p> <p>Steamed Carrots 10 Green Beans 6 Crisp Garden Salad 2</p> <p>Fresh Apple 19</p>	<p><b>Thursday, February 16</b></p> <p><b>BREAKFAST</b> Smucker's Maple Snack n' Waffle 33</p> <p><b>LUNCH</b> Soft Taco 24</p> <p>Pinto Beans 23 Sweet Corn 24 Crisp Garden Salad 2</p> <p>Mexican Rice 72</p> <p>Sliced Pears 31</p>	<p><b>Friday, February 17</b></p> <p><b>BREAKFAST</b> Chicken Slider 21</p> <p><b>LUNCH</b> Hot Dog 15 w/ Chili 5 </p> <p>Homemade Vegetable Soup 16 w/ Crackers 18 Steamed Broccoli &amp; Cheese 6 Crisp Garden Salad 2</p> <p>Applesauce 14</p>
<p><b>Monday, February 20</b></p> <p><b>PRESIDENT'S DAY</b></p> <p><b>ALL SCHOOLS CLOSED TODAY</b></p> 	<p><b>Tuesday, February 21</b></p> <p><b>BREAKFAST</b> General Mill's Cinni Minis 40</p> <p><b>LUNCH</b> Steak &amp; Cheese Biscuit 35</p> <p>Baked Potato 38 Steamed Broccoli &amp; Cheese 6 Crisp Garden Salad 2</p> <p>Mixed Fruit 19 </p>	<p><b>Wednesday, February 22</b></p> <p><b>BREAKFAST</b> Jimmy Dean Sausage Biscuit 15</p> <p><b>LUNCH</b> Chicken Pastry 8 w/ Whole Wheat Yeast Roll 24</p> <p>Glazed Sweet Potatoes 38 Lima Beans 19 Crisp Garden Salad 2</p> <p>Fresh Navel Orange 11</p>	<p><b>Thursday, February 23</b></p> <p><b>BREAKFAST</b> Apple Cinnamon Breakfast Bar 48</p> <p><b>LUNCH</b> Corn Dog 33</p> <p>Potato Roasters 23 Steamed Carrots 10 Crisp Garden Salad 2 </p> <p>Fresh Empire Apple 19</p>	<p><b>Friday, February 24</b></p> <p><b>BREAKFAST</b> Breakfast Pizza 17</p> <p><b>LUNCH</b> Big Daddy's Cheese Flatbread Sandwich</p> <p>Pinto Beans 23 Sweet Corn 24 Crisp Garden Salad 2</p> <p>Bosc Pears 26</p> <p>Mexican Rice 72</p>
<p><b>Monday, February 27</b></p> <p><b>BREAKFAST</b> Super Donut 43</p> <p><b>LUNCH</b> Salisbury Steak &amp; Gravy 4 w/ Dinner Roll 14</p> <p>Rice</p> <p>Lima Beans 17 Steamed Cabbage 5 Crisp Garden Salad 2 Sliced Pears 31</p>	<p><b>Tuesday, February 28</b></p> <p><b>BREAKFAST</b> Mini Berry French Toast 32</p> <p><b>LUNCH</b> Chicken BBQ Sandwich 25</p> <p>Scalloped Potatoes 21 Seasoned Greens 4 Crisp Garden Salad 2</p> <p>Fresh Orange 11</p>	<p><b>Wednesday, February 29</b></p> <p><b>BREAKFAST</b> Pancake Stix 30</p> <p><b>LUNCH</b> Italian Lasagna 27 w/ Breadstix 19</p> <p>Green Beans 6 Steamed Carrots 10 Crisp Garden Salad 2</p> <p>Mixed Fruit 19 </p>	