

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!

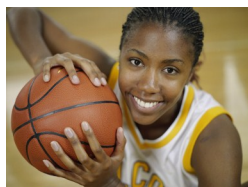
North Carolina in Top 100 Donations for 2009-2010!

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

Nutrilink: Look up **Hoops for Heart** at www.heart.org to jump...shoot...save!

February

- American Heart Month
- Children's Dental Health Month



Menus for February 2012

Cedar Creek & Terrell Lane Middle Schools

Milk Choices Available for Breakfast & Lunch:

- Skim Chocolate 24
- 1% Plain 12
- Skim Plain 11
- 1% Strawberry 31
- 1% Vanilla 31

Juice Choices for Breakfast:

- Orange 14
- Apple 15
- Grape 19
- Orange-Pineapple 16

Wednesday, February 1

BREAKFAST
Pancake Griddle 25

LUNCH
Italian Lasagna 27
w/ Breadstix 19

Green Beans 6
Glazed Carrots 22
Crisp Garden Salad 2

Mixed Fruit 19



Thursday, February 2

BREAKFAST
Granola Breakfast Round 43

LUNCH
Turkey Supreme 15
w/ Dinner Roll 14

Glazed Sweet Potatoes 38
Steamed Cabbage 5
Crisp Garden Salad 2

Rice

Pineapple Jell-O Cup 35

Friday, February 3

BREAKFAST
Cherry Frudel 36

LUNCH
Grilled Cheese Sandwich 22

Homemade Vegetable Soup
16 w/ Crackers 18
Baked Beans 33
Crisp Garden Salad 2

Sliced Pears 31



Monday, February 6

BREAKFAST
Smucker's Cinnamon Snack 'n
Waffle 33

LUNCH
Salisbury Steak & Gravy 4
w/ Dinner Roll 14

Rice

Lima Beans 17
Steamed Cabbage 5
Crisp Garden Salad 2



Mixed Fruit 19

Tuesday, February 7

BREAKFAST
Chicken Slider 21

LUNCH
Chicken BBQ Sandwich 25

Scalloped Potatoes 21
Seasoned Greens 4
Crisp Garden Salad 2

Fresh Orange 11

Wednesday, February 8

BREAKFAST
Breakfast Pizza 17

LUNCH
Chicken Fillet Sandwich 25

Carrot Cup 6
Fresh Apple Slices 19

EARLY RELEASE



Thursday, February 9

BREAKFAST
Apple Blossom Muffin 45

LUNCH
Jennie O Turkey & Gravy 4
w/ Dinner Roll 14

Sweet Corn 24
Baked NC Sweet Potato 11
Crisp Garden Salad 2

Rice

Sliced Pears 31

Friday, February 10

BREAKFAST
Cheesy Mozzarella Stix 15

LUNCH
Fish Sandwich 29

Baked Beans 33
Steamed Broccoli & Cheese 6
Creamy Cole Slaw 6

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

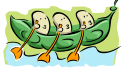






Lunch
Full Price..2.25
Reduced...40

Carb counts are listed beside the menu items. Carbs may vary due to food preparation or availability of products.

CEDAR CREEK MIDDLE
TERRELL LANE MIDDLE



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

Monday, February 13	Tuesday, February 14	Wednesday, February 15	Thursday, February 16	Friday, February 17
<p>BREAKFAST Super Donut 43</p> <p>LUNCH Land O Lakes Macaroni & Cheese w/ Dinner Roll 14</p> <p>Green Peas 8 Steamed  Cabbage 5 Crisp Garden Salad 2</p> <p>Pineapple Tidbits 28</p>	<p>BREAKFAST Cheese & Egg Biscuit 27</p> <p>LUNCH Chicken BBQ Sandwich 25</p> <p>Mashed Potatoes 3 Black Eye Peas 27 Crisp Garden Salad 2</p> <p>Sliced Peaches 19</p>	<p>BREAKFAST Breakfast Pizza Bagel 19</p> <p>LUNCH Saucy Spaghetti 28 w/ Breadstix 19</p> <p>Glazed Carrots 22 Green Beans 6 Crisp Garden Salad 2</p> <p>Fresh Apple 19</p> 	<p>BREAKFAST Smucker's Maple Snack 'n Waffle 33</p> <p>LUNCH 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>BREAKFAST Chicken Slider 21</p> <p>LUNCH  Hot Dog 15 w/ Chili 5</p> <p>Homemade Vegetable Soup 16 w/ Crackers 18 Field Peas 33 Crisp Garden Salad 2</p> <p>Applesauce 14</p>
Monday, February 20	Tuesday, February 21	Wednesday, February 22	Thursday, February 23	Friday, February 24
<p>PRESIDENT'S DAY</p> <p>ALL SCHOOLS CLOSED TODAY</p> 	<p>BREAKFAST General Mill's Cinni Minis 40</p> <p>LUNCH Steak & Cheese Biscuit 35</p> <p>Baked Potato 38 Black Eye Peas 27 Crisp Garden Salad 2</p> <p>Cherry Crisp 50 </p>	<p>BREAKFAST Jimmy Dean Sausage Biscuit 15</p> <p>LUNCH Chicken Pastry 8 w/ Dinner Roll 14</p> <p>Glazed Sweet Potatoes 38 Lima Beans 19 Crisp Garden Salad 2</p> <p>Fresh Navel Orange 11</p>	<p>BREAKFAST Apple Cinnamon Breakfast Bar 48</p> <p>LUNCH Corn Dog 33</p> <p>Potato Roasters 23 California Veggies 5 Crisp Garden Salad 2</p>  <p>Fresh Empire Apple 19</p>	<p>BREAKFAST Breakfast Pizza 17</p> <p>LUNCH 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>
Monday, February 27	Tuesday, February 28	Wednesday, February 29		
<p>BREAKFAST Super Donut 43</p> <p>LUNCH Salisbury Steak & Gravy 4 w/ Dinner Roll 14</p> <p>Rice</p> <p>Lima Beans 17 Steamed Cabbage 5 Crisp Garden Salad 2</p> <p>Sliced Pears 31 </p>	<p>BREAKFAST Mini Berry French Toast 32</p> <p>LUNCH Chicken BBQ Sandwich 25</p> <p>Scalloped Potatoes 21 Seasoned Greens 4 Crisp Garden Salad 2</p> <p>Fresh Orange 11</p>	<p>BREAKFAST Pancake Stix 30</p> <p>LUNCH Italian Lasagna 27 w/ Breadstix 19</p> <p>Green Beans 6 Glazed Carrots 22 Crisp Garden Salad 2</p> <p>Mixed Fruit 19</p> 