



Edgewood Senior High and Middle School

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Available Daily

LUNCH PRICES
 Student \$2.60 Milk-\$0.50 Adult-\$3.25
 Variety of sandwiches, pizza, salads, fresh fruits, snack foods & beverages.

BREAKFAST PRICES
 Student \$1.25 Milk-\$0.50 Adult \$2.25
 Variety of breakfast sandwiches, assorted cereals, granola bars, fresh fruits, juices.

*On Line Payments can be made @
www.lunchprepay.com*

* Menu Subject to Change

Featured Specials of the Day

Wednesday, February 1

Lunch-Pork Rib-B-Q Sandwich
 Breakfast-Sausage Pancake on a Stick

Thursday, February 2

LUNCH-Teriyaki Chicken w/Rice
 Breakfast-Cinnamon Rolls

Friday, February 3

Lunch-French Bread Pizza
 Breakfast-Breakfast Biscuit Sandwich

Monday, February 6

Lunch-Cheese Coney
 Breakfast-Biscuit & Gravy

Tuesday, February 7

Lunch-Super Nachos
 Breakfast-Breakfast Pizza

Wednesday, February 8

Lunch-Chicken Nuggets
 Breakfast-Sausage Pancake on a Stick

Thursday, February 9

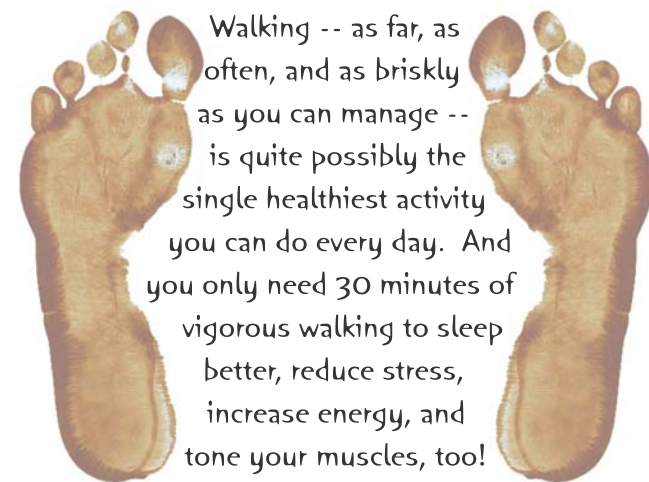
Lunch-Beef Chili
 Breakfast-Cinnamon Rolls

Friday, February 10

Lunch-Cheese Filled Breadsticks
 Breakfast-Breakfast Biscuit Sandwich

*All lunch combos include entrée,
 choice of fruit, vegetable and milk.*

MAKE SOME TRACKS.



Walking -- as far, as often, and as briskly as you can manage -- is quite possibly the single healthiest activity you can do every day. And you only need 30 minutes of vigorous walking to sleep better, reduce stress, increase energy, and tone your muscles, too!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Featured Specials of the Day

Monday, February 13

Lunch-Popcorn Shrimp w/Mac & Cheese
 Breakfast-Biscuit & Gravy

Tuesday, February 14

Lunch-Cincy Style Spaghetti
 Breakfast-Breakfast Pizza

Wednesday, February 15

Lunch-Chicken Patty Sandwich
 Breakfast-Sausage Pancake on a Stick

Thursday, February 16

Lunch-Cook's Choice
 Breakfast-Cook's Choice

Friday, February 17

NO SCHOOL

*All lunch combos include entrée,
 choice of fruit, vegetable and milk.*

49 BY THE NUMBERS
 IN 1900, AMERICANS' AVERAGE LIFE EXPECTANCY WAS 49 YEARS. BY 2007, THE AVERAGE HAD GONE UP TO 78.

Featured Specials of the Day



Monday, February 20

**Presidents' Day
No School Today**



Tuesday, February 21

Lunch-Quesadilla Pizza
Breakfast-Breakfast Pizza

Wednesday, February 22

Lunch-Breaded Mozzarella Cheese Sticks
Breakfast-Sausage Pancake on a Stick

Thursday, February 23

Lunch-Grilled Cheese w/Tomato Soup
Breakfast-Cinnamon Rolls

Friday, February 24

Lunch-Pork BBQ Sandwich
Breakfast-Breakfast Biscuit Sandwich

Monday, February 27

Lunch-Mini Corn Dogs
Breakfast-Biscuit & Gravy

Tuesday, February 28

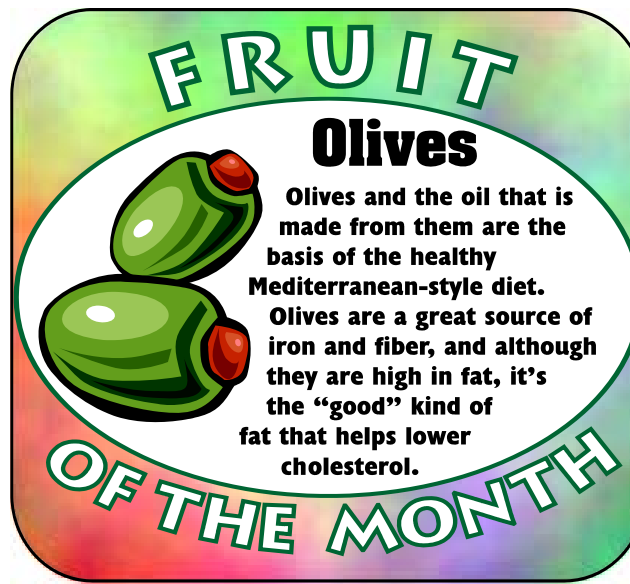
Lunch-Chicken Tenders
Breakfast-Breakfast Pizza

Wednesday, February 29

Lunch-Steak Hoagie
Breakfast-Sausage Pancake on a Stick

*All lunch combos include entrée,
choice of fruit, vegetable and milk.*

Please see reverse for
items available daily



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

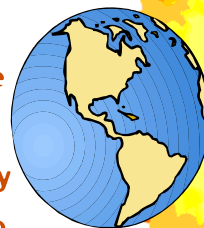
month of February

every four years to

make up for the .2422 days

that just won't fit in our regular year!

LEAP YEAR 2012



FIT FAT

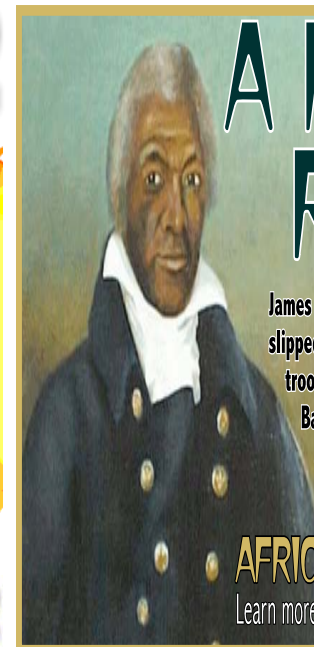
WANNA STAY FIT?
FIGHT THE FAT!

ITEM: Cheese Puffs
VERDICT: You'll puff, too.

TIP: Like many salty snacks, cheese puffs are high in fat and calories and low in nutrition value. Unlike most salty snacks, cheese puffs stain your fingers orange. You decide if this is a good thing.



Numbers based on a 1 oz. serving, and that's not very many puffs. The label says 0g trans fat, but they're allowed to say that if it's less than .5 grams per serving, which, again, can really add up.



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