MENUS FOR FEBRUARY 2017

Hertford Grammar School

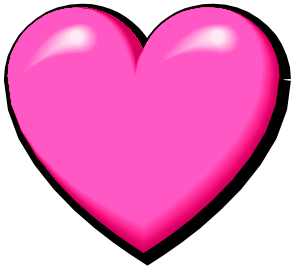
This institution is an equal opportunity provider. Menus are subject to change.

Word of the Month

cour·age

n. **1.** the quality of mind or spirit that enables one to face difficulty, danger, fear, pain, etc. with self-possession, confidence, and resolution **2.** bravery

HAPPY VALENTINE'S DAY!



FEBRUARY 14

Still the best deal in town!

Elementary Lunch	Secondary Lunch
$2.35	$2.60

Get in touch with us today to learn more about free and reduced-price meals in our district:
252-426-5741 or shirleypelletier@pqschools.org

Available Daily

BREAKFAST MENU

Monday – Pancake and Sausage Wrap
Tuesday – Warm Fruit Muffin
Wednesday – Yogurt and Grahams
Thursday – Warm Super Donut
Friday – Breakfast Pizza

Juice, Fruit and Milk are also offered.
Students will receive fruit or fruit juice at breakfast!

School Breakfast Prices for 2016-17

Hertford Grammar School is pleased to be able to provide Breakfast for ALL students at no

HAPPY FACE=HEALTHY HEART.

It's February again, so let's talk hearts! A study that followed subjects for 10 years found that people who express positive emotions like contentment and happiness most often were far less likely to develop heart disease. So put on a happy face!

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

Wednesday, February 1

Lunch
Pizza Sticks w/ Marinara Dip
Meatball Sub (HS Only)
Golden Corn
Glazed Carrots
Warm Spiced Apples
Fresh Orange Slices (HS Only)
Choice of Milk

Grab & Go
Chicken Fajita Salad or
Yogurt/Cheese Munchie Pak

Thursday, February 2

Lunch
Hamburger Steak & Gravy
WG Roll
Cold Cut Sub (HS Only)
Mashed Potatoes/Gravy
Seasoned Collards
Fresh Apples
Peach Cups (HS Only)
Choice of Milk

Grab & Go
Grilled Chicken Salad or
Ham& Cheese Sandwich Munchie Pack

Friday, February 3

Lunch
Cheeseburger on Bun
Chicken Filet on Bun (HS Only)
Green Beans
Sweet Potato Puffs
Applesauce
Diced Peaches (HS Only)
Choice of Milk

Grab & Go
Chicken Caesar Salad or
Yogurt/Cheese Munchie Pack

Monday, February 6

Lunch
Eastern NC BBQ on Bun
Bacon Cheeseburger (HS Only!)
Seasoned Green Peas
Creamy Cole Slaw
Black Eye Peas
Applesauce Cups
Pineapple Tidbits (HS Only)
Choice of Milk

Grab & Go
Chef Salad or
PB&J Munchie Pack

Tuesday, February 7

Lunch
Chicken & Rice Soup
Chicken Filet on Bun (HS Only)
PB&J Sandwich or
Toasted Cheese Sandwich
Baby Carrots & Dip
Fresh Apple
Pear Halves (HS Only)
Choice of Milk

Grab & Go
Chicken Fajita Salad or
Yogurt/Cheese Munchie Pack

Wednesday, February 8

Lunch
Cheeseburger on Bun
Hot Ham & Cheese Sandwich (HS Only)
Oven Baked Fries
Corn and Lima Beans
Diced Peaches
Spiced Apples (HS Only)
Choice of Milk

Grab & Go
Cobb Salad or
Ham/Cheese Sandwich Munchie Pak

Thursday, February 9

Lunch
Pop Corn Chicken (Central)
Spicy Wing Basket
SunChips
Carrot & Celery Cups w/dip
Seasoned Green Beans
Mixed Fruit
Peaches (HS Only)
Choice of Milk

Grab & Go
Grilled Chicken Salad or
Yogurt/Cheese Munchie Pack

Friday, February 10

Lunch
Scoopin' Taco's (Beef)
Chicken Fajita (HS Only)
Chips/ Salsa
Cajun Pinto's
Pineapple Tidbits
Applesauce Cups (HS Only)
Choice of Milk

Grab & Go
Chicken Caesar Salad or
Cheese/Cracker Munchie Pak

PAY NO ATTENTION TO THAT BIRD!

The clock has not run out!
We accept applications for free and reduced-price meals all year long.
It's never too late !

Don't forget account balances grow quickly, keep your account paid !!!

DON'T 4GET!

To make a lunch, choose at least one

Fruit/Juice or Veggie

Grains, Milk, Protein, Fruit/Juice, Vegetables

and 3-5 items total

PERQUIMANS COUNTY SCHOOLS NUTRITION SERVICES

Monday, February 13

Lunch
Chicken Nuggets & Sauce
Bacon Cheeseburger on Bun (HS)
Mashed Potatoes/Gravy
Seasoned Green Beans
Peaches
Mixed Fruit
Choice of Milk

Grab & Go
Chef Salad or
Yogurt & Cheese Munchie Pak

Tuesday, February 14

Lunch
Hot Dog on Bun w/ chili
Cold Cut Sub (HS Only)
Sweet Potato Tots
Baked Beans
Diced Pears
Applesauce Cup
Choice of Milk

Grab & Go
Chicken Fajita Salad or
Turkey/Cheese Sandwich Munchie Pak

Wednesday, February 15

Lunch
Chicken Filet on Bun
Hamburger on Bun (HS)
Green Peas
Oven Baked Fries
Chilled Mixed Fruit
Peaches (HS Only)
Choice of Milk

Grab & Go
Cobb Salad or
Yogurt/Cheese Munchie Pack

Thursday, February 16

Lunch
Baked Spaghetti w/ Texas Toast
Meatball Sub (HS Only)
Side Salad w/ dressing
Green Beans
Pear Halves
Applesauce (HS Only)
Choice of Milk

Grab & Go
Grilled Chicken Salad or
Ham & Cheese Sandwich Pack

Friday, February 17

Lunch
Cheese or Pepperoni Pizza
Hot Ham/Cheese Sandwich (HS Only)
Golden Corn
Oven Baked Fries
Applesauce Cups
Fresh Apple(HS Only)
Choice of Milk

Grab & Go
Chicken Caesar Salad or
Yogurt & Cheese Munchie Pack

Monday, February 20

Lunch
Chili & Chip's
Chicken Filet (HS Only)
Lettuce & Tomato Slices
Baby Carrots & Dip
Applesauce Cups
Chilled Pears
Choice of Milk

Grab & Go
Chef Salad or
Yogurt/Cheese Munchie Pack

Tuesday, February 21

Lunch
Vegetable Beef Soup
Chicken Filet on Bun (HS Only)
PB&J Sandwich or
Toasted Cheese Sandwich
Fresh Broccoli & Dip
Mixed Fruit
Peaches (HS Only)
Choice of Milk

Grab & Go
Chicken Fajita Salad or
Turkey/Cheese Sandwich Pack

Wednesday, February 22

Lunch
Chicken Parmesan Flatbread
Hamburger on Bun (HS Only)
Seasoned Green Beans
Golden Corn
Fresh Apple
Mixed Fruit (HS Only)
Choice of Milk

Grab & Go
Cobb Salad or
Yogurt/Cheese Munchie Pack

Thursday, February 23

Lunch
Mini Corn Dogs w/ mustard
Fish Filet on Bun (HS Only)
Mashed Potatoes/Gravy
Green Peas
Crustless Apple Pie
Pineapple Tidbits (HS Only)
Choice of Milk

Grab & Go
Grilled Chicken Salad or
PB&J Munchie Pack

Friday, February 24

Lunch
Chicken Taco's w/chips
Turkey/Cheese Sub (HS Only)
Salsa
Shredded Lettuce/Tomato
Cajun Pinto's
Applesauce Cups
Pear Halves (HS Only)
Choice of Milk

Grab & Go
Chicken Caesar Salad or
Yogurt/Cheese Munchie Pack

Monday, February 27

Lunch
Pizza Sticks w/ Marinara Dip
Golden Corn
Glazed Carrots
Warm Spiced Apples
Fresh Orange Slices (HS Only)
Choice of Milk

Grab & Go
Chef Salad or
Yogurt/Cheese Munchie Pack

Tuesday, February 28

Lunch
Chicken Burrito Bowl w/ chips
Bacon Cheeseburger on Bun (HS Only)
Golden Corn
Glazed Carrots
Fresh Orange Slices
Fresh Apple (HS Only)
Choice of Milk

Grab & Go
Chicken Fajita Salad or
Cheese/Cracker Munchie Pack

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

NUTRITION TOGO

The first watermelon harvest in recorded history took place 5,000 years ago. But just three decades ago, seedless watermelons accounted for under 1% of the overall watermelon market. Today, that share has passed 70% and is still growing. Nowadays, seeded watermelons are mainly grown because seedless melons can't pollinate without them!

A TASTY MORSEL FOR PARENTS