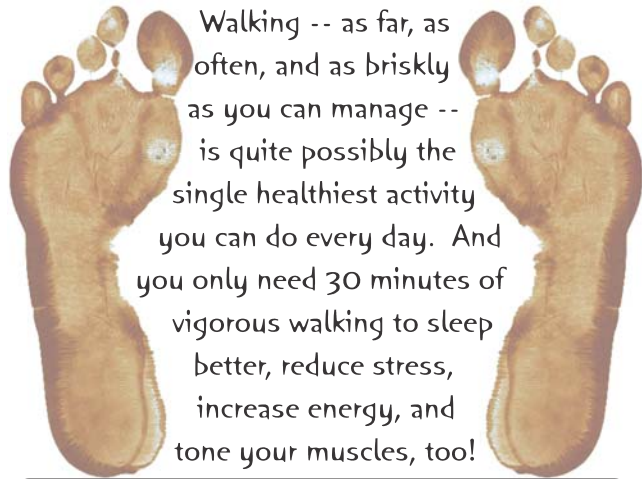


MAKE SOME TRACKS.



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

Breakfast Bites (B)

Sampler Lunch

Chicken Nuggets, Mozzarella Sticks,
Bread Stick /Marinara Sauce
Broccoli

Tuesday, February 14

Egg Patty & Cheese on a English Muffin (B)
Spaghetti & Meatballs
Garlic Bread, Green Beans

Wednesday, February 15

Waffle, Sausage (B)
Double Bacon Cheeseburger on Bun
Shoestring Fries

Thursday, February 16

Colby Cheese Omelet (B)
Stromboli
Tossed Salad/Dressing

Friday, February 17

NO SCHOOL

Featured Specials of the Day



Monday, February 20

Presidents' Day
No School Today



Tuesday, February 21

Breakfast Bites (B)
Frankfurter (2) on Rolls with Chili
Tater Tots

Wednesday, February 22

Egg, Sausage, Cheese Sandwich (B)
Grilled Cheese with Bacon/Tomato Soup
Seasoned Fries

Thursday, February 23

Cheese Omelet (B)
Spicy Meat Sauce with Bag of Nacho Scoops
(Cheese, Salsa & Sour Cream)
Rice & Beans, Corn

Friday, February 24

Yogurt, Mini Muffin (B)
French Bread Pizza
Tossed Salad with Dressing

Monday, February 27

Breakfast Bites (B)
Sampler Lunch
Chicken Nuggets, Mozzarella Sticks,
Bread Stick /Marinara Sauce
Broccoli

Tuesday, February 28

Egg, Sausage, Cheese Sandwich (B)
Hamburger Slider on Buns (3)
Seasoned Fries

Wednesday, February 29

French Toast, Sausage (B)
Baked Breaded Chicken/Mashed Potato & Gravy
Biscuit, Green Beans

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



Middletown School District Middletown High School

This institution is an equal opportunity provider.



Boar's Head Deli Bar
Pizza, Burgers, Chicken Tenders,
Mozzarella Sticks
Made to order Chicken or
Steak Salads
Skim and Low Fat Milk
Available with every meal.