

# Menus for February 2024

**Bullock County School District (9-12)**



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



## Thursday, February 1

Pizza, Assorted  
Corn on the Cob  
Broccoli & Cheese

## Friday, February 2

Meatball Sub  
Swiss Cheese, Sliced  
Crinkle Cut Fries  
Celery & Carrot  
Sticks  
Cookie

## Word of the Month

kind·ness

*noun* 1. goodness; benevolence 2. consideration for the feelings and well-being of people other than oneself 3. sympathy; gentle helpfulness

## BIRTHDAY CELEBRATION



## Monday, February 5

Crispy Chicken Sandwich  
Pickles  
Carrot Sticks  
Waffle Fries  
Baked Beans  
Ketchup, Single Serve  
Mayonnaise, Reduced Fat  
Mustard, Single Serve

## Tuesday, February 6

Chicken Noodle Soup  
Mixed Vegetables  
Peas & Carrots  
Crackers, Saltines, WG

## Wednesday, February 7

Salisbury Steak w/ Gravy  
Mashed Potatoes  
Lima Beans  
California Vegetables  
Cornbread

## Thursday, February 8

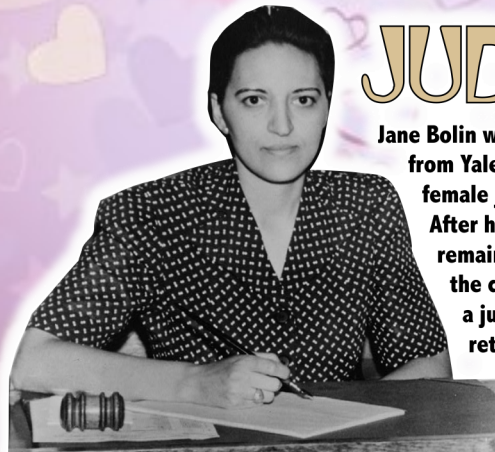
Cheesy Pull Apart w/ Marinara Sauce  
Corn, Whole Kernel  
Broccoli & Cheese

## Friday, February 9

Rotel Dip  
Tortilla Chips, WG  
Celery & Carrot Sticks  
Mixed Vegetables  
Jalapeño Peppers  
Sour Cream

**Available Daily**

Daily Salad Bar  
Assorted Fresh Fruit  
Milk, Flavored, Fat-Free  
Milk, White, Low-Fat



## JUDGE JANE

Jane Bolin was the first black woman to graduate from Yale Law School and the first black female judge ever in the United States.

After her appointment in 1931, she remained the sole black female judge in the country for 20 years. After serving as a judge for nearly half a century, she retired and volunteered as a reading instructor in New York City public schools before her death at 98 years old in 2007.

## COMIN' RIGHT AT YOU



## AFRICAN AMERICAN HISTORY MONTH



**Monday, February 12**

Cheeseburger  
Crinkle Cut Fries  
Baked Beans  
Ketchup, Single Serve  
Mayonnaise,  
Reduced Fat  
Mustard, Single  
Serve

**Tuesday, February 13**

Pork Chop  
Chicken Nuggets  
Rice  
Black Eyed Peas  
Candied Yams  
Cornbread  
Honey Mustard  
Sweet & Sour Sauce  
Hot Sauce, Packet

**Wed., February 14**

Spaghetti w/ Beef  
Corn on the Cob  
Mixed Vegetables  
Garlic Knot  
**Chocolate  
Strawberry  
Tart**

**Thursday, February 15**

BBQ Pulled Pork on  
Bun  
Baked Beans  
Crinkle Cut Fries  
Ketchup, Single  
Serve

**Friday, February 16**

Hot Dog  
Carrot Sticks  
Crinkle Cut Fries  
Baked Beans  
Chili for Hot Dog  
Nacho Cheese Sauce  
Ketchup, Single  
Serve  
Mustard, Single  
Serve



*Swans are one of the few animals that will mate for life!*

*Happy Valentine's Day!*

**Monday, February 19**



Professional  
Development

**No School**

**Tuesday, February 20**

Chili Con Carne  
Grilled Cheese  
Sandwich  
Carrot Sticks  
Broccoli, Steamed  
Crackers, Saltines,  
WG  
Sour Cream

**Wed., February 21**

Baked Chicken  
Rice  
Italian Green Beans  
Glazed Sweet  
Potatoes  
Roll  
Hot Sauce, Packet

**Thursday, February 22**

Breaded Cheese  
Sticks  
Marinara Sauce  
Corn on the Cob  
Broccoli & Cheese

**Friday, February 23**

Hot Wings  
Chicken Tenders  
Crinkle Cut Fries  
Celery & Carrot  
Sticks  
Roll  
WG Chips, Assorted  
Honey Mustard  
Sweet & Sour Sauce



**Monday, February 26**

General Tso Chicken  
Fried Rice  
Stir Fry Vegetables  
Mixed Vegetables  
Egg Roll, Vegetable

**Tuesday, February 27**

Taco Salad  
Ground Beef  
Tortilla Chips, WG  
Queso Dip  
Lettuce, Tomatoes  
Jalapeño Peppers  
(SHMS)  
Refried Beans  
Corn, Whole Kernel  
Sour Cream  
Taco Sauce,  
Individual

**Wed., February 28**

“Brunch”  
Cheese Grits  
Scrambled Eggs  
Sausage Links  
Roasted Potatoes,  
Diced  
Glazed Carrots  
Biscuits  
Jelly, Assorted

**Thursday, February 29**

Pizza Crunchers  
Marinara Sauce  
Corn on the Cob  
Broccoli & Cheese

# Floo Powder?

Harry Potter and his pals use magical FLOO Powder to move around their world, but in our world there's no magic cure for the FLU. But there are three ways you can help keep yourself and others healthy during flu season.



**1** Wash your hands frequently.



**2** Cover up when you sneeze or cough.



**3** If you do get sick, stay home.