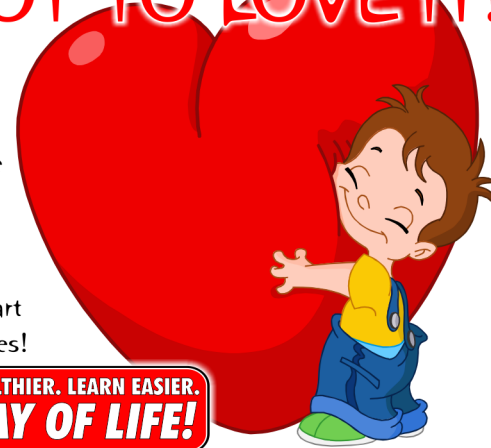


Oxford Area High School February 2020

YOU'VE GOT TO LOVE IT!

You've got to love your heart, that is! And taking care of your heart is a job that lasts your whole lifetime. Eat more fruits, veggies, and whole grains and less salt and saturated fat. And exercise regularly like your healthy heart depends on it – because it does!



Don't Forget Breakfast!
A Selection of Cold Cereal W/ Toast
Low Fat Milk,
100% Fruit Juice
and Fresh Fruits
are Offered Daily
in a addition to
the posted menu

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



Ground Hog Day! Early Spring?

Available Daily

Hot off the Grill

Mon: Cheesesteaks

Tues: Pulled Pork

Wed: Meatball Sandwich

Thurs: Double Dogs

Friday: Chicken Sandwich

Daily Options

Burgers and Grilled Chicken Sandwich

Deli Bar: Sandwiches Made to Order

Salad Bar: A Fresh Selection of Fruits and Vegetables offered Daily

Monday, February 3

Breakfast

French Toast Sticks
Mixed Fruit

Lunch

Spicy or Regular
Chicken Sandwich
French Fries
Baby Carrots and
Celery Sticks
Fresh or Chilled Fruit

Tuesday, February 4

Breakfast

Breakfast Sandwiches
Mixed Berry Cup

Lunch

Taco Bowl
Steamed Rice
Corn and Black Beans
Lettuce, Tomato,
Quacamole
Baby Carrots
Fresh or Chilled Fruit

Wednesday,

Breakfast

Cinnamon Rolls
Pears

Lunch

Spaghetti W/O
Meatsauce or
Marinara
Garlic Bread
Steamed Carrots
Zucchini Sticks

Thurs, February 6

Breakfast

Breakfast Sandwiches
Peaches

Lunch

Macaroni and Cheese
Sweet Peas
Tomato Salad
Chilled Fruit
Fresh Fruit

Friday, February 7

Breakfast

French Toast Sticks
Applesauce Cup

Lunch

Hot Roast Beef
Sandwich
Roasted Zucchini and
Squash
Carrot Sticks
Fresh or Chilled Fruit

Monday, February 10

Breakfast

French Toast Sticks
Mixed Fruit

Lunch

Hot Ham and Cheese
Sandwich
Potato Wedges
Veggie Boats
Fresh or Chilled Fruit

Great Day for Hot
Soup!

Tuesday, February 11

Breakfast

Breakfast Sandwiches
Mixed Berry Cup

Lunch

Popcorn Chicken
Mashed Potatoes
Corn
Celery sticks
Fresh or Chilled
Fruit

Wednesday,

Breakfast

Cinnamon Rolls
Pears

Lunch

Nachos W/ Hearty
Chili
Lettuce, Tomatoes
Cheese, Sour Cream
Check out the Salad
Bar for Additional
Toppings
Fresh or Chilled Fruit

Thurs, February 13

Breakfast

Breakfast Sandwiches
Peaches

Brunch 4 Lunch

Dutch Waffle
Sausage Patties
Hash Browns
Tomato Slices
100% Fruit Juice
Fresh or Chilled Fruit

Friday, February 14

Breakfast

No School
Teacher
In-Service Day



Happy Valentines
Day!