

**Allegheny
County
High School
Lunch Menu**

Menus for February 2019

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

Featured Specials of the Day

Friday, February 1

Super Bowl Tailgate Lunch

Nachos / Meat Sauce with Pretzel
Mini Crescents / Mozzarella Sticks

Monday, February 4

Hamburger or Cheeseburger
Mozzarella Sticks

Tuesday, February 5

Taco Salad
Nachos and Meat Sauce

Wednesday, February 6

Chicken Tenders
Chef's Salad

Thursday, February 7

Grilled Cheese Sandwich
Hot Ham and Cheese Sandwich

Friday, February 8

Round Pizza
Chicken Patty Sandwich

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!



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

SUPER BOWL PARTY!

PLEASE JOIN US!



FRIDAY, FEB. 1

YEAR OF THE PIG



**The Chinese New Year
begins with the new
moon on February 5.
2019 is the
Year of the Pig.**

★ OUR NATION'S HISTORY ★

Before there was Presidents' Day, there were two such days in February – the birthdays of two of our greatest Presidents, Abraham Lincoln (February 12) and George Washington (February 22), both fall during this month.



Many states and towns celebrated one or the other or both of these days from the time Washington's birthday was made a national holiday in 1885, until the two days were finally combined into a single day honoring both men in the 1970's. Today, the holiday is usually seen as celebrating all U.S. Presidents in general, not only Lincoln and Washington.

★ WITH LIBERTY & JUSTICE FOR ALL ★



Those candy hearts with the goofy messages on them make up 10.2% of Valentine's Day candy sales, the most of any single candy.

Featured Specials of the Day

Monday, February 11

Popcorn Chicken
Stacked Turkey Sandwich

Tuesday, February 12

Sliced Pizza
Popcorn Chicken Salad

Wednesday, February 13

Fish Sandwich
Spicy Chicken Patty Sandwich
Spicy Chicken Salad

Thursday, February 14

Valentine's Day Lunch
Baked Chicken
Grilled Chicken Salad

Friday, February 15

Steak-um Sandwich
Mini Crescents

36 BY THE NUMBERS
PERCENT OF AMERICAN TWELFTH GRADERS WHO DO VOLUNTEER SERVICE AT LEAST ONCE A MONTH

Featured Specials of the Day



Monday, February 18

NO SCHOOL TODAY

Tuesday, February 19

Chicken Patty Sandwich
Deli Wrap

Wednesday, February 20

Rotini in Meat Sauce
Chef's Salad

Thursday, February 21

Open-Faced Hot Turkey Sandwich
Open-Faced Salisbury Steak Sandwich

Friday, February 22

Stuffed Crust Pizza
Hot Ham and Cheese Sandwich

Featured Specials of the Day

Monday, February 25

Hot Dog
Sloppy Joe Sandwich

Tuesday, February 26

Chicken Nuggets
Grilled Chicken Patty Sandwich
Grilled Chicken Salad

Wednesday, February 27

Mexican Pizza
Tuna Salad Sandwich
BBQ Chicken Sandwich

Thursday, February 28

Lasagna
Steak-um Sandwich

eat fit wanna stay fit?
gotta eat right!



item: oatmeal
verdict: any time

tip: Hot oatmeal does your body good on chilly winter's mornings – and afternoons and evenings, too! Just be sure to mix it with water or lowfat milk and lay off the extra sugar – try a few juicy blueberries or other fruit instead, and bump the protein and fiber with a sprinkle of nuts.



Based on one cup of cooked oatmeal