



2012 February

Mentor High School * Subject to change



Fun Food Facts

Valentine's Day brings chocolate to the spotlight. Here are some facts about chocolate.

Dark chocolate contains flavonoids that help reduce the risk of heart attacks.

Chocolate is associated with the release of serotonin, a hormone that makes you feel calm, relaxed, and happy.

Chocolate is lower in caffeine than coffee, tea, and coca cola. A 5 oz cup of coffee has 40 mg. of caffeine while 1 oz of chocolate has 0mg.

LUNCH WITH MILK
\$2.70
MILK ONLY .50



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 SUPER NACHO'S WITH MEAT, CHEESE, AND BAKED TOSTITO'S Choice of Two Sides: Romaine Salad, Vegetable of the Day, Fruit or Juice Cup Milk	2 POPCORN CHICKEN BOWL WITH MASHED POTATOES AND GRAVY Choice of a Side: Romaine Salad, Vegetable of the Day, Fruit or Juice Cup Milk	3 HOT DOG WITH BUN AND BAKED BEANS Choice of Sides: Romaine Salad, Vegetable of the Day, Fruit or Juice Cup Milk
6 GRILLED CHICKEN PARMESAN SANDWICH Choice of Two Sides: Romaine Salad, Vegetable of the Day, Fruit or Juice Cup Milk	7 PLAIN OR SPICY CHICKEN FINGERS Choice of Two Sides: Romaine Salad, Vegetable of the Day, Fruit or Juice Cup Milk	8 BURRITO BAR MEAT, CHEESE, FLOUR TORTILLA, SAUCE, AND SALSA Choice of Two Sides: Romaine Salad, Vegetable of the Day, Fruit or Juice Cup Milk	9 MACARONI AND CHEESE Choice of Two Sides: Romaine Salad, Vegetable of the Day, Fruit or Juice Cup Milk	10 GARLIC FLATBREAD PIZZA Choice of Two Sides: Romaine Salad, Vegetable of the Day, Fruit or Juice Cup Milk
13 PULLED PORK SANDWICH Choice of Two Sides: Romaine Salad, Vegetable of the Day, Fruit or Juice Cup Milk	14 CHICKEN OR CHEESE QUESADILLA WITH GARDEN SALSA Choice of Two Sides: Romaine Salad, Vegetable of the Day, Fruit or Juice Cup Milk	15 SWEET THAI CHICKEN WITH SEASONED RICE Choice of Two Sides: Romaine Salad, Vegetable of the Day, Fruit or Juice Cup Milk	16 GRILLED BUFFALO CHICKEN RANCH SANDWICH Choice of Two Sides: Romaine Salad, Vegetable of the Day, Fruit or Juice Cup Milk	17 CHICKEN NUGGETS Choice of Two Sides: Romaine Salad, Vegetable of the Day, Fruit or Juice Cup Milk
20 PRESIDENT'S DAY NO SCHOOL	21 CHICKEN FAJITA WITH MEXICAN RICE Choice of Two Sides: Romaine Salad, Vegetable of the Day, Fruit or Juice Cup Milk	22 FISH FILET SANDWICH WITH CHEESE Choice of Two Sides: Romaine Salad, Vegetable of the Day, Fruit or Juice Cup Milk	23 CHEF'S DELIGHT	24 ITALIAN GRILLED CHEESE WITH TOMATO SOUP Choice of Two Sides: Romaine Salad, Vegetable of the Day, Fruit or Juice Cup Milk
27 HOT ITALIAN SUB SANDWICH WITH SOUP OF THE DAY Choice of Two Sides: Romaine Salad, Vegetable of the Day, Fruit or Juice Cup Milk	28 BRUTUS BURGER ON A BUN Choice of Two Sides: Romaine Salad, Vegetable of the Day, Fruit or Juice Cup Milk	29 POPCORN CHICKEN BOWL Choice of Two Sides: Romaine Salad, Vegetable of the Day, Fruit or Juice Cup Milk		