

FSD5 Johnsonville Middle School

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

**Available Daily**

Monday/Wednesday - *Grits and Eggs*  
Tuesday/Thursday - *Biscuits and Gravy*  
Friday - *Breakfast Sandwich*  
**Fruit and Milk Choice Available**

**Lunch Daily**

**Big Salad**  
**Turkey Wrap or Uncrustable(pf)**  
**Fruit and Milk Choice**

**Milk Choices**

1% White, Skim Chocolate, Skim  
Strawberry, FF Vanilla, 1% Lactose Free

**250 BY THE NUMBERS**  
IN MILLIONS, THE APPROXIMATE NUMBER OF ROSES SOLD IN THE U.S. FOR VALENTINE'S DAY

## Featured Specials of the Day

**Monday, February 2**

Cheeseburger  
French Fries  
Let & Tom

**Tuesday, February 3**

South of the Border Nachos  
Beans, Shredded  
Let and Tom

**Wednesday, February 4**

Chicken Noodle Soup  
Corn, Salad w/ Ranch  
Bosco Stick

**Thursday, February 5**

Teriyaki Chicken w/ Rice  
Broccoli w/ Cheese,  
Carrots w/ Ranch

**Friday, February 6**

Pizza  
Corn, Carrots w/ Ranch



CHARISSE

DIDN'T  
REALLY  
CARE ABOUT  
THE FLOWERS OR  
THE CARD. BUT

**WHAT'S-HIS-  
NAME** HAD INVITED  
HER TO **LUNCH AT  
SCHOOL**, AND  
THAT ALONE WAS  
SUFFICIENT TO MAKE HER  
**JUMP FOR JOY**.



## Featured Specials of the Day

**Monday, February 9**

BBQ Sandwich  
French Fries  
Let & Tom

**Tuesday, February 10**

Chicken or Beef Taco  
Black Beans, Shredded Let & Tom  
Salsa, Sour Cream & Cheese

**Wednesday, February 11**

Steak & Gravy or Fish Sticks  
Mashed Potatoes, Rolls  
Mixed Vegetables

**Thursday, February 12**

Garlic Parm and Buffalo Wings  
Small Salad, Veggie Sticks

**Friday, February 13**

Hot Dog  
Beans, Cole Slaw  
Chips



**PORTRAITS OF SPECTACULAR Athletes**

Winter Olympics February 6-22 Milano-Cortina, Italy

# eatfit

wanna stay fit?  
gotta eat right!

item: chocolate candies  
verdict: just this once!

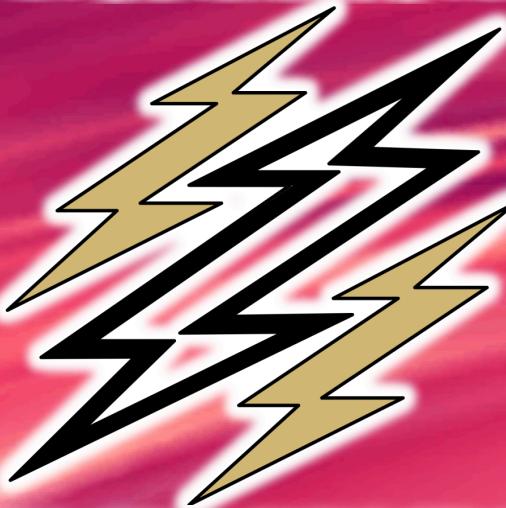


**tip:**

From a healthy eating standpoint, you know where this is going. But it IS Valentine's Day. Just promise to do something really healthy with your sweetheart next week!

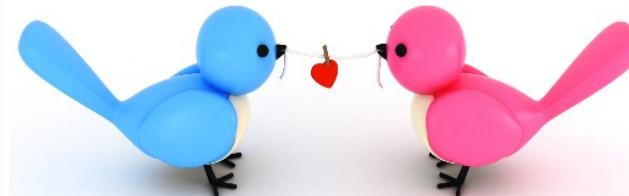
## Winter Break

No School February 16-20  
School resumes February 23



## POWER OF LOVE.

February is a great time to think about love -- and how it supports wellness. Loving others -- and feeling loved -- has been shown to lower stress levels, decrease anxiety, boost the immune system, lower blood pressure, and fight disease.



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

**THE  
A  
LIST**

Top 10 Artists for all of 2025

- 1/Taylor Swift
- 2/Morgan Wallen
- 3/Olivia Dean
- 4/Sabrina Carpenter
- 5/Luke Combs
- 6/Tate McRae
- 7/Kendrick Lamar
- 8/HUNTR/X: EJAE, Audrey Nuna & REI AMI
- 9/Fleetwood Mac
- 10/Ella Langley

Source: Billboard

## Featured Specials of the Day

**Monday, February 23**  
Chick-Filet Sandwich  
French Fries  
Let & Tom

**Tuesday, February 24**  
Mexican Pizza, Beans, Baby Carrots, Salsa

**Wednesday, February 25**  
Pork Carnitas or Fried Shrimp  
Cheese Grits, Biscuit  
Mix Vegetables

**Thursday, February 26**  
Fried Chicken  
Mac & Cheese, Mashed Potatoes

**Friday, February 27**  
Corn Dog  
Chips, Carrots w/ Ranch

**128 BY THE NUMBERS**  
AT NEARLY 128 MILLION VIEWERS, SUPER BOWL LIX IN 2025 WAS THE MOST WATCHED U.S. TV SHOW EVER.