

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

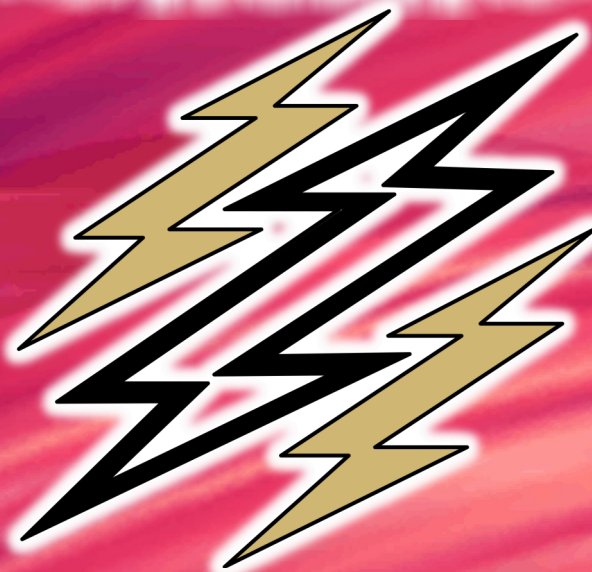
**Monday, February 2**  
 Cheeseburger  
 French Fries  
 Let & Tom

**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



Please see other side for items available daily



**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

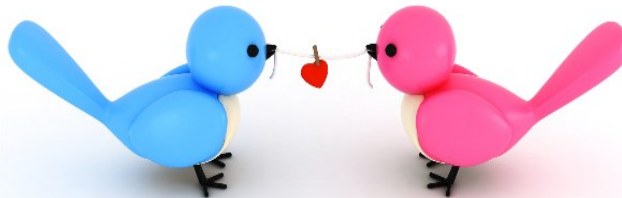
**No School February 16-20**

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: EIAE, 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.