

FSD5 Johnsonville High 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

Salad Bar
or Uncrustable
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

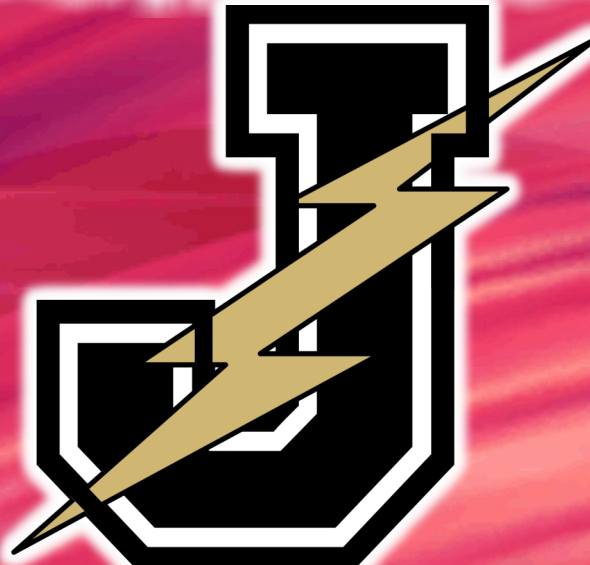
Monday, February 2
 Cheeseburger
 French Fries
 Let & Tom

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

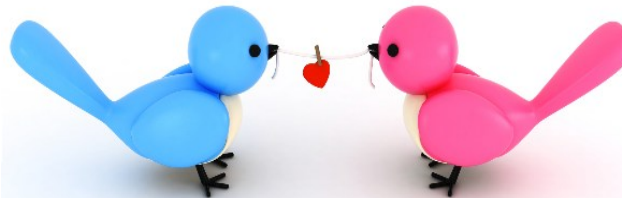
No School February 16-20

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.