

Virtue of the Month

Diligence
 Patience and Diligence,
 like faith, remove
 mountains.

William Penn



St. John School Lunch Menu

February 2012

**Feb. Highlights**

1 Powers Friendship Games Gr. 7
 4 PSA Auction
 10 7th 8th Grade Dance
 14 Happy St. Valentines Day
 16 St. John Drama Club Play
 17/20 No School
 23 Band Concert Lake Fenton HS

Be Heart Healthy**Fruits and vegetables:**

♥ At least 4.5 cups a day

Fish (preferably oily fish):

♥ At least two 3.5-ounce servings a week

Fiber-rich whole grains:

♥ At least three 1-ounce-equivalent servings a day

Sodium:

♥ Less than 1,500 mg a day

Nuts, legumes and seeds:

♥ At least 4 servings a week

Processed meats:

♥ No more than 2 servings a week

Sugar-sweetened beverages:

♥ No more than 450 calories (36 ounces) a week

Saturated fat:

♥ Less than 7% of total energy intake

In general, to achieve maximum benefits, you should gradually work up to an aerobic session lasting 20 to 30 minutes, at least three to four times a week. Exercising every other day will help you keep a regular aerobic exercise schedule.

Love is long suffering,

love is kind,

it is not jealous,

love does not boast,

it is not inflated.

It is not discourteous,

it is not selfish,

it is not irritable,

it does not enumerate the evil.

It does not rejoice over the wrong, but rejoices in the truth

Lunch Prices

Student Ala-Carte 1.75

Student Lunch 2.50

Adult Ala-Cart 2.00

Adult Lunch 3.00

Breakfast 1.25

| Mon | Tue | Wed | Thu | Fri |
|--|---|--|---|---|
| | | 1 Mexican Pizza Hot Ham & Cheese Corn Salad Bar Fruit Milk, Mini Ice Cream | 2 Chicken Pattie Macaroni & Cheese Green Beans Fruit Milk Lucky Tray | 3 Bosco Stix Hot Dog Salad Bar Fruit Milk |
| 6 Walking Taco Sweet & Sour Chicken Green Beans Fruit, Milk Fortune Cookie | 7 French Toast w. Sausage Mini Corn Dog Oven Potato Assorted Juice Milk | 8 Grilled Cheese w/ Chili Cheeseburger Carrots Fruit Milk Lucky Tray | 9 Chicken Quesadilla Hot Ham & Cheese Corn Fruit Milk | 10 Chicken Nuggets Pepperoni Bosco Stix Salad Bar Fruit Milk |
| 13 Ravioli w/ Breadstick Mini Corn Dogs Green Beans Fruit, Milk Lucky Tray | 14 Valentine Nuggets Chicken Pattie Carrots Fruit, Milk Valentine Treat | 15 Turkey Gravy Hot Ham & Cheese Mashed Potato Corn Fruit Milk | 16 Grilled Chicken Hot Dog Chips Fruit Milk | 17 NO School <i>winter!</i> |
| 20 No School | 21 Nacho Supreme Hot Dog Salad Bar Fruit, Milk Muffin | 22 Macaroni & Cheese Bosco Stix Green Beans Fruit Milk | 23 Burrito Cheeseburger Corn Fruit Milk Lucky Tray | 24 Fish Sandwich Cheese Quesadilla Oven Potato Fruit Milk |
| 27 BBQ Ribs Cheeseburger Mashed Potato w/ Gravy Fruit Milk | 28 Taco Wedge Chicken Pattie Corn Salad Bar Fruit Milk Lucky Tray | 29 Pepperoni Bosco Stix Hot Dog Carrots Salad Bar Fruit Milk | 1 1/2 Day 11:45 dismissal Parent Teacher Conference | 2 No School Parent Teacher Conferences |

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