




February 2010

Clyde Senior High School Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Patty on Bun Corn Mixed Fruit Pretzel Rod Milk	2 Sub Sandwich California Medley Fresh Orange Doritos Milk	3 Taco Salad Diced Peaches Churro Milk	4 Spaghetti w/Meat Sauce Green Beans Pineapple & Oranges Garlic Bread Milk	5 Chili Baby Carrots Applesauce Cup Peanut Butter Sandwich Milk
8 Cheeseburger on Bun Ranch Potato Wedges Diced Peaches Fruit Snacks Milk	9 Texas Cheese Toast w/Spaghetti Sauce Dip Pineapple Tidbits Yogurt Cup Milk	10 <i>All American Bowl</i> Popcorn Chicken Mashed Potatoes w/Gravy Corn Hot Roll w/margarine Milk	11 Mini Corn Dogs Steamed Broccoli Applesauce Valentine Cookie Milk	12 Fiestada Pizza Tossed Salad Mandarin Oranges Milk
15 No School 	16 Chicken Fajita Corn Pears Milk	17 Cheese Pizza Tossed Salad Orange Sherbet Hot Pasta Milk	18 Chicken Nuggets w/BBQ Sauce Mashed Potatoes w/Gravy Peach Crisp 9 Grain Dinner Rolls Milk	19 Toasted Cheese Sandwich Tomato Soup w/ Crackers Cinnamon Applesauce Cup Chocolate Chip Cookie Milk
22 General Tso Chicken Rice Vegetable Egg Roll Fruit Choice Fortune Cookie Milk	23 "Brunch for Lunch" French Toast Sticks Sausage Patty Potato Triangle Orange Juice Milk	24 Meat & Cheese Nachos Tossed Salad Mixed Fruit Rice Krispy Treat Milk	25 Hot Dog Baked Beans Diced Pears Cheetos Milk	26 Pizza Dippers Spaghetti Sauce Dip Diced Peaches Pudding Cup Milk



Lunch Prices for 2009-10
High School \$2.50
H.S. Pizza Lunch \$2.75
Reduced Lunch .40
Milk .50

Ride The Sugar Rollercoaster

When you haven't eaten for a while, your legs may get wobbly and your brain may begin to lose focus more easily, causing you to do poorly in class. These are signals from your body that its store of energy is getting low as energy feeds both our bodies and our brain.

All foods contain energy. Some foods release their energy quickly, and some release it slowly. Sugar releases energy quickly.

A sugary drink or a piece of candy gives a quick energy rush. But the effect fades and soon you may want another drink or more food as your 'sugar' level drops.

Foods like whole grains and fruit release energy more slowly than candy or sugary drinks because they have fiber in them. So when you eat toast, cereal, or a banana, your energy lasts longer than if you had sweets or a fuzzy drink.

