

BUNKER HILL C.U.S.D. #8 February 2012

This quarters breakfast is as follows: This quarters breakfast is as follows: Monday Bagel, yogurt, milk and juice Tuesday: Cinnamon Roll, bacon, milk and juice Wednesday: Biscuits and Gravy, sausage milk and juice Thursday: Cereal, bacon, milk and juice Friday: Pancake on a stick, fresh fruit, milk and juice Breakfast is \$1.50 a day paid and \$.30 reduced a day	Monday 6 Rotini with Meat Sauce Breadstick Green Beans Chilled Fruit Cocktail	Tuesday 7 Turkey Bacon Flatbread Fresh Oranges Cheddar Goldfish Chocolate Pudding	Wednesday 8 Chicken Fiesta Bowl Cinnamon Baked Apples M & M Cookie	Thursday 9 Sloppy Joe on a Bun Hashbrowns Pears Garden Salad	Friday 10 Stuffed Crust Pizza Caesar Salad Chilled Peaches Cookie
	A few things to remember for this month: Please bring all student meal accounts current. As outlined in the student handbook, there is no charging in the months of November and December. We appreciate everyone's efforts in keeping your account current.	13 Ham & Cheese Deli Sandwich Scrabble Cheez-its Green Beans Cinnamon Applesauce	14 Soft Taco Green Beans Peaches No Bake Cookie	15 BBQ Ribblette on a Bun Creamy Cole Slaw Green Peas Fresh Fruit Blend	16 Chicken & Chili Crispito Cheddar Cheese Cup Mexican Rice Golden Corn Fresh Orange
	20 NO SCHOOL	21 Lasagna Garlic Toast Italian Salad Chilled Peaches	22 Hot Dog On A Bun Mac & Cheese Green Beans Orange Smiles	23 Chicken Rings BBQ Dipping Sauce Steamed Broccoli Bosco Stick	24 Pepperoni Pizza Wedge Ranch Salad Mandarin Oranges Cookie
Lunch Prices: Wolf Ridge: \$2.00 a day \$10.00 full week Junior High: \$2.00 a day \$10.00 full week High School: \$2.00 a day \$10.00 full week Reduced Lunch: \$.40 a day \$2.00 full week Milk is served with lunch everyday	27 Chicken Tortilla Soup Mexican Bosco Stick Chilled Fruit Cocktail Rice Krispy Treat	28 Breakfast For Lunch Pancakes Sausage Patty Chilled Juice Orange Smiles	29 Chicken Patty on a Bun Fresh Orange Potato Wedges	1 Cook's Choice	2 Pizza Crunchers Marinara Sauce Fresh Banana Honey Mustard Salad Cookie

Menu is subject to change without notice. In accordance with Federal Law and the U. S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

The Latest Ingredient

News You Can Use

Did you know that bees have to visit four million flowers to make one kilogram of honey, traveling a distance equal to four times around the earth! That is some serious work!

How much is one kilogram in ounces?

How many flowers did they visit to fill up your bottle of honey?

Let me know! It sounds like it is going to be a lot.

The Fitness Stop

What are you doing for your 60 minutes a day of exercise?

Have you tried any of the following?

Jumping Rope

Jumping Jacks

Jumping over a stick

If you have, try challenging yourself to do them longer or further than the last time. Small increases will have a huge impact.

Snack Of The Month

FROZEN RED SEEDLESS GRAPES

Here is a quick and easy snack for you.

Wash and let dry a bunch of grapes. Take the grapes and place them in a freezer size sealable bag. Put the bag in the freezer and wait a couple of hours. Frozen Grapes, very refreshing

Great grab and go snack. If you feel like a little extra work, divide your grapes into smaller snack size bags so they are easier to grab when you are in a hurry

GUESS WHAT?

Your heart can beat up to 40,000,000 times per year!

Roller-skating involves all of the body's muscles, especially the heart, and provides a complete aerobic workout.