



## Homer-Center High School

*This institution is an equal opportunity provider and employer.*

**You do all the heavy lifting.**

**We just provide you with the fuel.**



Learning is hard work, and if you're going to reach your immediate goal — graduation — you have to eat well.

That's why we provide convenient, economical, healthy school meals for you every school day. Please join us often!

**Breakfast**

**First Meal is Free!**

**Lunch**

**Paid \$2.10 Reduced \$1.40**

Get in touch with us today to learn more about free and reduced-price meals in our district: 724-479-3601 or [smcloughlin@homercenter.org](mailto:smcloughlin@homercenter.org)

## Featured Specials of the Day

### Monday, January 3

**Breakfast** - Pop Tart w/wo Hash Brown Patty

**Lunch** - BBQ Pork Sandwich, Seasoned Corn, hilled Peas

### Tuesday, January 4

**Breakfast** - Sausage Breakfast Pizza

**Lunch** - Chicken Taco, Potato Rounds, Diced Peaches

### Wednesday, January 5

**Breakfast** - Cheesy Muffin

**Lunch** - Macaroni & Cheese, Seasoned Green Beans Cinnamon Applesauce, Snicker Doodle Cookie

### Thursday, January 6

**Breakfast** - Pancake & Sausage Stick

**Lunch** - Popcorn Chicken Bowl, Seasoned Sweet Peas, Mixed Fruit

### Friday, January 7

**Breakfast** - Breakfast Donut

**Lunch** - Wildcat Hoagie, Spicy Curly Fries, Pineapple Tidbits, Frozen Juice Bar

## Available Daily

### Breakfast

Assorted Cold Cereals, Cereal Bars, Yogurt and Juice

At breakfast...students **must** choose an entrée and one other different item to qualify as a meal. Additional items chosen above the **three item limit** will be **charged** ala carte pricing.

### Lunch

Multigrain Roll

Oven Fries & Dessert are Offered Twice a Week

Tossed Salad Offered Three Times a Week

At lunch...students **must** choose an entrée and two other different items to qualify as a meal. Additional items chosen above the **four item limit** will be **charged** ala carte pricing.

Daily Alternate Entrees Tuna Salad or Cheese Sandwich

**Monday** Plain/Pepperoni Pizza or Chicken Patty w/wo Bun

**Tuesday** Grilled Chicken w/wo Bun or Meat ball Sub w/wo Cheese & Bun

**Wednesday** Specialty Salad or Hamburger w/wo Cheese & Bun

**Thursday** Pizza Sticks w/wo Sauce or Chicken Patty w/wo Bun

**Friday** Steak Hoagie w/wo Cheese & Bun or Turkey & Cheese Wrap

**Milk is Offered With All Meals**

Parents... Please go to [www.cafeprepay.com](http://www.cafeprepay.com) for information concerning your child's meal account

# FIT FAT

WANNA STAY FIT?

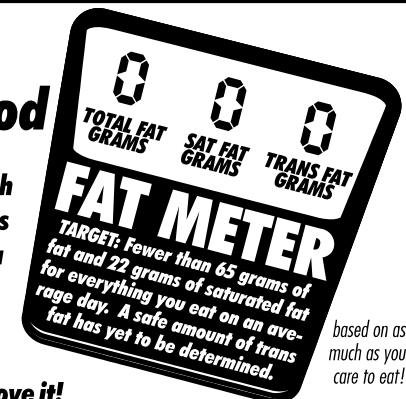
FIGHT THE FAT!



**ITEM: Spinach**

**VERDICT: Super Food**

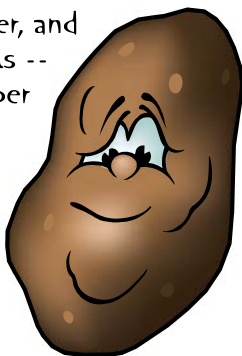
**TIP:** Cooked or in a salad, spinach is quite simply one of the best foods you will ever put in your mouth. It's a low-calorie, low-fat powerhouse, brimming with healthful carotenoids and antioxidants as well as serious doses of vitamins and iron. Learn to love it!



based on as much as you care to eat!

# PLEASE TAKE ME HOME!

Potatoes deliver vitamin C, fiber, and plenty of vitamins and minerals -- and all for only 110 calories (per medium potato) and zero fat. But we mostly eat deep-fried fast food french fries, which just deliver lots of fat calories. Try to eat more potatoes that start out in your kitchen, looking like actual potatoes!



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.**  
**WELLNESS IS A WAY OF LIFE!**

## Featured Specials of the Day

**Monday, January 10**

**Breakfast** - Cheesy Bagel

**Lunch** - BLT Sandwich, Chicken Noodle Soup w/wo Saltine Crackers, Fresh Grapes

**Tuesday, January 11**

**Breakfast** - Mini Pancakes

**Lunch** - Cheese Filled Bread Sticks w/wo Dipping Sauce, Tossed Salad, Mandarin Oranges

**Wednesday, January 12**

**Breakfast** - Sausage Breakfast Pizza

**Lunch** - Mrs. T's Pierogies, Fresh Veggies w/wo Dip, Blushed Pears, Dirt Pudding

**Thursday, January 13**

**Breakfast** - Assorted Bagels w/wo Toppings

**Lunch** - Roast Turkey w/wo Stuffing, Whipped Potatoes, Chilled Peaches

**Friday, January 14**

**Breakfast** - Cinnamon Bun

**Lunch** - Soft Taco, Seasoned Corn, Spiced Apple Slices, Fruit Snacks

Please see reverse for items available daily

## Featured Specials of the Day

**Monday, January 17**

**Act 80 Day - No School**

**Tuesday, January 18**

**Breakfast** - Dutch Waffle

**Lunch** - Chicken Nuggets, Spicy Curly Fries, Fresh Apple

**Wednesday, January 19**

**Breakfast** - French Toast Sticks

**Lunch** - Baked Cavatini, Tossed Salad, Strawberries, Peanut Butter Bar

**Thursday, January 20**

**Breakfast** - Cheesy Muffin

**Lunch** - Super Nachos w/wo Chili & Cheese, Corn on the Cob, Fresh Orange Quarters

**Friday, January 21**

**Breakfast** - Waffle Sticks

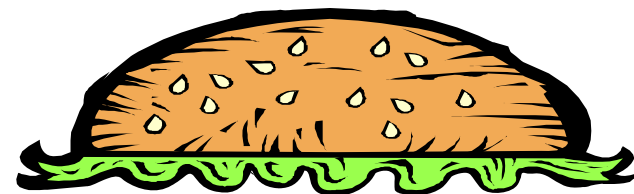
**Lunch** - Warm Ham & Cheese Pretzel Sandwich, Tater Tots,

## this month: guacamole

There are some foods that most people don't start eating until they grow up. Take guacamole, for instance. You see it a lot this time of year at Super Bowl parties. Guacamole is a nutritious and INCREDIBLY tasty dip made from avocados



and some combination of garlic, jalapeños, cilantro, lime juice, salt, and maybe a little tomato or onion and other good stuff. But it looks kind of green and lumpy and a little gross, so most kids don't like it. But most adults do. How about you?



## NUTRITION TO GO

You can't always judge sodium content by taste alone. Bread and breakfast cereal often contain as much sodium as potato chips – just look at the nutrition label. And at many fast food joints, the sandwiches actually contain more sodium than the french fries. Go to their web site and check it out!

**A TASTY MORSEL FOR TEENAGERS**

## Featured Specials of the Day

**Monday, January 24**

**Breakfast** - Sausage Breakfast Pizza

**Lunch** - Chicken Tenders, Potato Triangles, Chilled Applesauce

**Tuesday, January 25**

**Breakfast** - Breakfast Donut

**Lunch** - Shrimp Poppers, Broccoli w/wo Cheese Sauce, Pineapple Tidbits, Chocolate Pudding

**Wednesday, January 26**

**Breakfast** - Pancake & Sausage Stick

**Lunch** - Grilled Cheese Sandwich, Tomato Soup w/wo Gold Fish Crackers, Banana

**Thursday, January 27**

**Breakfast** - Pop Tart w/wo Hash Brown Potato

**Lunch** - Chicken Quesadilla, Fresh Baby Carrots, Spiced Apple Slices, Rice Krispie Treat

**Friday, January 28**

**Breakfast** - Cheesy Bagel

**Lunch** - Roast Pork, Whipped Potatoes, Diced Peaches

**Monday, January 31**

**Breakfast** - Pop Tart w/wo Hash Brown Patty

**Lunch** - BBQ Pork Sandwich, Seasoned Corn, Chilled Pears