

How to get that second wind: Feeling run-down? You'll turn up the energy in five minutes if you...**REFUEL**

Snack on fiber-rich munchies such as dried apricots, celery sticks, apples or a few nuts. **Benefit:** the fiber helps control the release of glucose (a sugar) into the bloodstream and may prevent energy dips.

The **good news** about heart disease America's #1 killer—is that a healthy heart is within everyone's reach. You know some of the rules: Eat less fat; eat more fruits and veggies And keep blood pressure and Blood cholesterol levels in check. One more way to boost heart health:

Don't skip breakfast.



February 22 2019

Teachers Work Day—No School

For Online Applications or Deposits go to your Skyward Family Access Account

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February 2019

Merrillville Intermediate School

Mon	Tue	Wed	Thu	Fri
<p>PIRATE GRAB-N-GO MEALS SERVED TUE & THU</p>	<p>We serve fresh fruit and vegetables.</p>	<p>Menu subject to change</p>	<p>Chef Salads Offered Daily</p>	<p>1 Grilled Cheese or Taco Roll Refried Beans Fresh Veggie Medley Diced Peaches Pear </p>
<p>4 Meatball Sub or Italian Chicken Melt Green Beans Broccoli/Cauliflower/Dip Pineapple Orange Smiles </p>	<p>5 Mashed Potato Bowl or *Hot Dog Meal Corn Carrots/Dip Rosey Applesauce Pear</p>	<p>6 Tacos/Cheese/Salsa Lettuce & Tomato Cup or Cheesy Breadsticks Refried Beans Green Peppers/Carrots/Dip Fun Fruit </p>	<p>7 Orange Chicken w/Asian Rice or Cheese Pizza Meal Calif. Blend Veggies Carrots/Celery Dip Mandarin Oranges Apples</p>	<p>8 Macaroni & Cheese or *Sub Sandwich Baked Beans Fresh Veggie Medley Diced Pears Banana </p>
<p>11 Chicken Tenders or *Hot Dog Waffle Fries Broccoli/Cauliflower/Dip Pineapple Orange Smiles </p>	<p>12 Nachos or Hamburger Meal Refried Beans Carrots/Dip Diced Peaches Craisins</p>	<p>13 Chicken Leg /Breadstick or *Hot Dog Sweet Potato Rounds Cucumbers/Dip Fun Fruit</p>	<p>14 Sloppy Joe or Chicken Patty Meal Green Beans Celery/Dip Applesauce Pear Heart Cookie </p>	<p>15 Cheese Pizza or Turkey & Cheese Sandwich Baked Beans Fresh Veggie Medley Mixed Fruit Apples</p>
<p>18 Pizza Crunchers or Cheesy Breadsticks Potato Smiles Broccoli/Cauliflower/Dip Rosey Applesauce Orange Smiles</p>	<p>19 Gen. Tso Chicken w/Asian Rice/Breadstick or *Mini Corndog Meal Broccoli Carrots/Dip Juice Craisins</p>	<p>20 Lasagna/Garlic Toast or Cheesy Breadsticks Carrot Coins Cucumbers/Dip Fun Fruit </p>	<p>21 Walking Taco or PBJ Meal Refried Beans Celery/Dip Pineapple Apples</p>	<p>22</p> <p>NO SCHOOL</p> 
<p>25 Chicken Casserole w/Cornbread or *Corndog Peas Broccoli/Cauliflower/Dip Mixed Fruit Orange Smiles </p>	<p>26 Hamburger or Trix Yogurt Meal Baked Beans Carrots/Dip Diced Pears Craisins</p>	<p>27 Meatloaf/Wheat Roll or *Corndog Mashed Potatoes/Gravy Tossed Salad Fun Fruit </p>	<p>28 Mostaccioli/Garlic Toast or Popcorn Chicken Meal Broccoli Carrots/Celery Dip Applesauce Graham Snack</p>	