

Full Stomach, Full Speed Ahead

Olympic athletes may dream of gold, but they would never dream of training hungry.



Winter Olympics
February 12-28
Vancouver, Canada

Word of the Month

in·i·tia·tive
n. 1. The ability to follow through energetically with a plan
2. enterprise and determination to begin a task and see it through

Cape Viking Galley Available Daily

SPECIALLY MADE TO ORDER SANDWICHES AND WRAPS

PROTEINS AVAILABLE:
TUNA, HAM TURKEY
ITALIAN, CHEESE PEANUT BUTTER
BOLOGNA, EGG SALAD
CHICKEN SALAD

BREADS AVAILABLE:
SUB ROLL, KAISER ROLL
SLICED BREAD, BAGELS & WRAPS

ALSO AVAILABLE:
YOGURT, CHEF
SALAD, PIZZA &
SOUP OF THE DAY

CHOICE OF MILK SERVED WITH
ALL COMPLETE MEALS
SKIM MILK
2% LOWFAT WHITE
FAT FREE CHOCOLATE



BREAKFAST: BAGELS, GRAHAM
CRACKERS, CEREAL, CEREAL BAR
FRUIT JUICE & FRUIT

Presidents'
Day



February 15
No School

Tuesday, Feb. 16

Breakfast

Pancakes/Bagels
or Yogurt

Lunch

Chicken Tenders
~Pretzel Rod

Choice of Two

Seasoned Noodles
Winter Mix, Mandarin Oranges
Fruit Juice
Soup of the Day: Chicken Noodle

Wed., Feb. 17

Breakfast

French Toast Sticks
or Yogurt

Lunch

Beefy Tacos
w/Hard or Soft Shell

Choice of Two

Golden Corn
Lettuce & Tomato
Applesauce, Fruit Juice
Soup of the Day: Vegetable

Thursday, Feb. 18

Breakfast

Bagel w/wo Cream Cheese
or Yogurt

Lunch

Chicken Teriyaki
Rice Bowl

Choice of Two

California Blend
Fruit Mix, Fruit Juice
**Bonus: Happy B-Day Cake!*
Soup of the Day: Cream of Broccoli

Friday, Feb. 19

Breakfast

Honi Bun
or Yogurt

Lunch

Toasted Cheese

Choice of Two

Tomato Soup
Apple Slices
Fruit Variety, Fruit Juice
**Bonus: Pretzels!*
Soup of the Day: Tomato

Monday, Feb. 22

Breakfast

Bagels w/wo Cream Cheese
or Yogurt

Lunch

Meatballs on Roll
Mighty Rib on Bun

Choice of Two

Tasty Glazed Carrots
Potato Wedge
Pears, Fruit Juice
Soup of the Day: Ck Vegetable

Tuesday, Feb. 23

Breakfast

Sausage Pancake on Stick
or Yogurt

Lunch

Chicken Cheese Steak

Choice of Two

Corn, Lettuce & Tomato
Peaches, Cherry Crisp
Fruit Juice
Soup of the Day: Chicken-n-Dumplings

Wed., Feb. 24

Breakfast

Honey Wheat Bun
or Yogurt

Lunch

Hot Ham & Cheese on Bun
Chicken Quesadilla

Choice of Two

Candied Sweet Potatoes
Steamed Broccoli
Applesauce, Fruit Juice
Soup of the Day: Bean

Thursday, Feb. 25

Breakfast

Breakfast Pizza
or Yogurt

Lunch

Oven Baked Chicken
~Whole Grain Roll

Choice of Two

Whipped Potatoes ~ Gravy
Seasoned Peas
Fruit Mix, Fruit Juice
Soup of the Day: Minestrone

Friday, Feb. 26

Breakfast

Waffle Sticks
or Yogurt

Lunch

Fish on Bun

Choice of Two

Mac-n-Cheese, Green Beans
Stewed Tomatoes
Pineapple & Mandarin
Orange Blend, Fruit Juice
Soup of the Day: Chef's Choice

