

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

Presidents'
Day



February 15
No School

Tuesday, Feb. 16

Breakfast
Poptart
or Yogurt

Lunch
Popcorn Chicken
~ Pretzel Rod

Choice of Two
Buttered Noodles
Winter Mix, Mandarin Oranges
Fruit Juice
Soup of the Day: Chicken Noodle

Wed., Feb. 17

Breakfast
Apple Muffin
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
Breakfast Pocket
or Yogurt

Lunch
Pizza Choice

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
Baby Carrots w/Dip
Fruit Variety, Fruit Juice
**Bonus: Pretzels!*
Soup of the Day: Tomato

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



Monday, Feb. 22

Breakfast
Assorted Cereal
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
Orange Muffin
or Yogurt

Lunch
Chicken Cheese Steak
Chicken Quesadilla

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

Wed., Feb. 24

Breakfast
Mini Honey Wheat Bun
or Yogurt

Lunch
Hot Ham & Cheese on
Bun

Choice of Two
Fresh Sweet Potato Half
Steamed Broccoli
Applesauce, Fruit Juice
Soup of the Day: Bean

Thursday, Feb. 25

Breakfast
Sausage Pancake on Stick
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
Whole Grain Cinnamon Bun
or Yogurt

Lunch
Pizza Choice

Choice of Two
Green Beans
Pineapple & Mandarin
Orange Blend
Fruit Juice
Soup of the Day: Chef's Choice

