

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
Hot Oatmeal
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
Waffle 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
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

Available Daily

Breakfast: Graham Crackers, Toast, Fruit, & Fruit Juice

Lunch: Chef's Salad ~ Crackers
Yogurt ~ Crackers

Peanut Butter & Jelly Sandwich
Tuna Sandwich, Ham & Cheese Sandwich
Turkey, Ham, or Tuna Subs
(Includes Two Sides + Milk!)

Monday, Feb. 22

Breakfast
Hot Oatmeal
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, 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
Chicken Quesadilla

Choice of Two
Fresh Sweet Potato Half
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
Pizza Choice

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

