

# 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**  
Hard Cooked Egg ~ Toast  
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**  
Breakfast Uncrustable  
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*

*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  
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**  
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*

