

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

Presidents' Day



February 15
No School

Tuesday, Feb. 16	Wed., Feb. 17	Thursday, Feb. 18	Friday, Feb. 19
Breakfast Hot Oatmeal or Yogurt	Breakfast Hard Cooked Egg ~ Toast or Yogurt	Breakfast Bagel w/wo Cream Cheese or Yogurt	Breakfast Breakfast Uncrustable or Yogurt
Lunch Popcorn Chicken ~ Pretzel Rod	Lunch Beefy Tacos w/Hard or Soft Shell	Lunch Pizza Choice	Lunch Toasted Cheese
Choice of Two Buttered Noodles Winter Mix, Mandarin Oranges Fruit Juice <i>Soup of the Day: Chicken Noodle</i>	Choice of Two Golden Corn Lettuce & Tomato Applesauce, Fruit Juice <i>Soup of the Day: Vegetable</i>	Choice of Two California Blend Fruit Mix, Fruit Juice <i>*Bonus: Happy B-Day Cake!</i> <i>Soup of the Day: Cream of Broccoli</i>	Choice of Two Tomato Soup Baby Carrots w/Dip Fruit Variety, Fruit Juice <i>*Bonus: Pretzels!</i> <i>Soup of the Day: Tomato</i>
Monday, Feb. 22	Tuesday, Feb. 23	Wed., Feb. 24	Thursday, Feb. 25
Breakfast Hot Oatmeal or Yogurt	Breakfast Sausage Pancake on Stick or Yogurt	Breakfast Mini Honey Wheat Bun or Yogurt	Breakfast Breakfast Pizza or Yogurt
Lunch Meatballs on Roll Mighty Rib on Bun	Lunch Chicken Cheese Steak Chicken Quesadilla	Lunch Hot Ham & Cheese on Bun	Lunch Oven Baked Chicken ~ Whole Grain Roll
Choice of Two Tasty Glazed Carrots Potato Wedge Pears, Fruit Juice <i>Soup of the Day: Ck Vegetable</i>	Choice of Two Corn, Lettuce & Tomato Peaches, Fruit Juice <i>Soup of the Day: Chicken-n-Dumplings</i>	Choice of Two Fresh Sweet Potato Half Steamed Broccoli Applesauce, Fruit Juice <i>Soup of the Day: Bean</i>	Choice of Two Whipped Potatoes ~ Gravy Seasoned Peas Fruit Mix, Fruit Juice <i>Soup of the Day: Minestrone</i>
Friday, Feb. 26			
Breakfast Waffle Sticks or Yogurt			
Lunch Pizza Choice			
Choice of Two Green Beans Pineapple & Mandarin Orange Blend Fruit Juice <i>Soup of the Day: Chef's Choice</i>			

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!

