


Olympia CUSD #16 Elementary School Lunch - February 2012

Available Daily: Fruit Tray (assorted canned & fresh fruit). Entrée Substitute: Cheese Sandwich, or Yogurt and Cheese Stick

Skim Chocolate or 1% White Milk offered daily.

Student: \$2.15

Adult: \$2.50

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Spartan Salad or Bosco Sticks/Marinara Lettuce Salad Kiwi Slices Bread Basket Milk	2 Spartan Turkey Sub Fresh Vegetables/Dip Orange Slices Bread Basket Milk	3 Pork Tenderloin Sweet Potato Fries Applesauce Bread Basket Milk
6 Pizza Day California Blend Vegetables Pineapple Bread Basket Milk	7 Breakfast for Lunch! French Toast Sticks Sausage Links Applesauce Orange Juice Milk	8 ½ School Day	9 Mini Corn Dogs Macaroni and Cheese Green Beans Pears Bread Basket Milk	10 Breaded Mozzarella Sticks/Marinara Corn Mandarin Oranges Bread Basket Milk
13 Walking Taco Lettuce Side Salad Pineapple Bread Basket Milk	14 Chicken Nuggets Mashed Potatoes/Gravy Cinnamon Apple Sauce Bread Basket Milk	15 Ravioli or Spartan Salad Green Beans Pears Bread Basket Milk	16 Hot Dog on Bun Baked Beans Orange Slices Bread Basket Milk	17 No School Parent Teacher Conference
20 Presidents' Day No School	21 Popcorn Chicken Baked Potato Mandarin Oranges Bread Basket Milk	22 Ash Wednesday Cheese Pizza Lettuce Salad Kiwi Slices Bread Basket Milk	23 Spaghetti with Meat Sauce or Sloppy Joe on Bun Broccoli with Dip Peaches Bread Basket Milk	24 Grilled Cheese Tomato Soup Peaches Bread Basket/Goldfish Crackers Milk
27 Nachos Grande or Soft Taco Corn Pears Bread Basket Milk	28 Chicken Nuggets Rice Pilaf Peas Peaches Bread Basket Milk	29 Hamburger on Bun Tator Tots Banana Bread Basket Milk		

MENU IS SUBJECT TO CHANGE

A+

Students who eat breakfast are shown to perform better in school



OLYMPIA CUSD #16 ELEMENTARY SCHOOL BREAKFAST 2011-2012 Weekly Breakfast Menu

Recent research provides compelling evidence that under-nutrition impacts the behavior of children, their school performance and their overall cognitive development. The Olympia Food Service offers breakfast daily to elementary, middle and high school students. These breakfasts help students meet their RDA's for calcium, protein, calories, and Vitamin C. The breakfast program offers a variety of nutritious, kid-appealing items.

Student Breakfast - \$1.25 Adult Breakfast - \$1.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Pizza Or Breakfast Bar Choice of Juice Milk	Funnel Cake/yogurt Or Lumberjack/Syrup or Breakfast Bar Choice of Juice Milk	Breakfast Biscuit Sandwich Or Sausage Gravy over Biscuit or Breakfast Bar Choice of Juice Milk	French Toast/Sausage/Syrup Or Pancake/sausage Or Breakfast Bar Choice of Juice Milk	Ham N Cheese Wrap Or Breakfast Bar Choice of Juice Milk

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Milk is offered at each meal (1% white or skim chocolate)

AVAILABLE DAILY: assorted juices (apple, grape and orange) Assorted cereals, donuts and breakfast bars.

Breakfast Sandwiches consist of either biscuit, cheese and sausage patty, biscuit cheese and egg patty , pancake and sausage patty,.



Students who eat breakfast have less nurse visits and complaints of illness