






Olympia CUSD #16 OHS/OMS School Lunch February 2012



Daily on All Lines – Salad Bar, Wrap Sandwiches, Cold Sandwiches, Cheeseburger, Yogurt Parfaits, Fresh Fruit, Canned Fruit, Bread Basket, Ala carte packaged items, Cookies, Juicy Juice, Water, Juice and Skim and 1% Milk - Menu Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Prices: Students: \$2.25 Adults: \$2.50</p>	<p>1 Chicken Parmesan Buttered Rotini Or Brat on Bun Mixed Vegetables</p>	<p>2 Gondola Or Biscuit, Sausage Link And Sausage Gravy Baby Carrots</p>	<p>3 Chicken Patty on Bun Or Breaded Mozzarella Sticks Baked Beans</p>
<p>6 Popcorn Chicken Or BBQ Rib on Bun Corn</p>	<p>7 French Bread Pizza Or Chicken Fajitas Squash</p>	<p>8 SIP Day ½ Day of School No Lunch</p>	<p>9 Walking Taco Or Beef Quesadilla Coleslaw</p>	<p>10 Spicy Chicken on Bun Or Mini Corn Dog Macaroni and Cheese Green Beans</p>
<p>13 Chicken Nuggets Or Italian Beef Sandwich Mashed Potatoes/Gravy</p>	<p>11  Big Daddies Pizza Or Nachos with Cheese Sauce Yogurt and Cheese Stick Peas</p>	<p>15 Bacon Cheeseburger Or Hot Dog on Bun Baked Beans</p>	<p>16 Gondola Or BBQ Pork on Bun Baked Potato</p>	<p>17 No School Parent Teacher Conference</p>
<p>20 No School President's Day Holiday</p>	<p>21 Sausage or Pepperoni Pizza Or Ravioli Garlic Bread Corn</p>	<p>22 Chicken Salad on Multigrain Rolls Or Max Sticks/Marinara Broccoli and Cauliflower</p>	<p>23 Fiesta Tator Tot Casserole Or Turkey Bacon Sub Carrot Coins</p>	<p>24 Spicy Chicken on Bun Or Grilled Cheese Tomato Soup</p>
<p>27 Chicken Nuggets Or Hot Roast Beef Sandwich Mashed Potatoes/Gravy</p>	<p>28 Big Daddies Pizza Or Pork Chopette on Bun Citrus Spinach Salad</p>	<p>29 Hamburger Horseshoe Or Hotdog on Bun Fries with Cheese Sauce</p>		

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Students who eat breakfast are shown to perform better in school

OLYMPIA CUSD #16 OHMS SCHOOL BREAKFAST



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

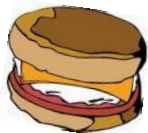
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Sandwich Or Breakfast Pizza Or Cereal Or Breakfast Bar/Poptart Choice of Juice Milk	Breakfast Sandwich Or Lumberjack/Syrup Or Cereal Or Breakfast Bar/Poptart Choice of Juice Milk	Breakfast Sandwich Or Sausage Gravy over Biscuit Or Cinnamon Cream Cheese Bagel Or Cereal Or Breakfast Bar/Poptart Choice of Juice Milk	Breakfast Sandwich Or Scrambled Eggs/Bacon Toast Or Cereal Or Breakfast Bar/Poptart Choice of Juice Milk	Breakfast Sandwich Or Funnel Cake Or French Toast Or Cereal Or Breakfast Bar/Poptart Choice of Juice Milk

MENU IS SUBJECT TO CHANGE

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

AVAILABLE DAILY: assorted juices (apple, grape and orange)

Breakfast Sandwiches consist of either biscuit, cheese and sausage patty, bagel, egg patty and bacon, pancake and sausage patty, or English muffin, cheese and egg patty.



Eating breakfast helps students to maintain a healthy weight and perform better in sports

