

Menus for December 2011



**Olympia School District,
Middle School**

This institution is an equal opportunity provider.

Available Daily

Wrap Sandwiches

- *Organic Choice Salad Bar**
- *Vegetarian Lunch Options Daily**
- *Health Snack and Beverage Options**
- *Single Non Fat Chocolate and 1%**



Featured Specials of the Day

Thursday, December 1

Macaroni and Cheese or Deli Turkey Sandwich

December 2

Homemade Pizza..Cheese, Pepperoni or Speciality (Pizza Crust Made locally by Bagel Brothers)

Monday, December 5

Beef Dippers with Corn Bread or Cheese Quesadilla

Tuesday, December 6

Oven Baked Chicken with Mashed Potatoes, Corn and a Whole Wheat Roll or Wrap Sandwich

Wednesday, December 7

BURGER DAY

Choice of Hamburger, Chicken Burger or Veggie Rib Patty on a Hoagie Roll with Oven Baked Fries

Thursday, December 8

Ravioli in Meat Sauce with a Toasted Cheese Sandwich

Friday, December 9

Homemade Pizza..Cheese, Pepperoni or Speciality (Pizza Crust Made locally by Bagel Brothers)

★ OUR NATION'S HISTORY ★

Seventy years ago this month, on December 7, 1941, more than 2,400 U.S. servicemen were killed in a surprise attack on Pearl Harbor in Hawaii. In a famous speech the next day, President Franklin Delano Roosevelt said that the date of the attack would "live in infamy." Nearly half of those killed were on the U.S.S. Arizona, and the sunken remains of that ship still rest on the harbor floor, below the U.S.S. Arizona Memorial museum and shrine.

★ WITH LIBERTY & JUSTICE FOR ALL ★

EAT WITH YOUR HANDS.

Just how big is a "serving"? It's hard to tell. And that means we sometimes eat WAY more than we think we do. So look at it this way: a cup is about the size of a fist, an ounce of cheese is as big as a thumb, and a 3 ounce serving of meat, fish, or chicken fills up your palm.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

WELLNESS IS A WAY OF LIFE!



We hope you
and your
family have a
safe and happy
holiday season!

From the Child Nutrition Staff at your school



Please See Reverse for
Items Available Daily

Abominable

Remember this guy from the "Rudolph" cartoon when you were little? Sure you do. Well, you've probably figured out by now that he's fictional, but he's based on a mythical big, hairy beast that people really believe in, a guy who goes by different names in different parts of the world -- "Yeti" in the Himalaya Mountains of Tibet, "Yowie" in Australia, "Ucu" in the Andes Mountains in South America, "Am Fear Liath Mòr" in Northern Scotland, and, of course, "Sasquatch" (or Bigfoot) in our own Pacific Northwest.



AT 55 YEARS OLD, JOE KNEW HE WAS **A TAD MATURE** FOR THE ANNUAL HOLIDAY CHORALE AT HIS OLD HIGH SCHOOL, AND HE KNEW HE LOOKED **RIDICULOUS** IN THE ELF OUTFIT. BUT THIS WAS HIS ONE CHANCE ALL YEAR TO GET A SCHOOL LUNCH, SO IF THAT MEANT HE HAD TO KEEP **PULLING ON THOSE TIGHTS**, THEN SO BE IT.



Featured Specials of the Day

Monday, December 12

Nachos with Taco Meat, Refried Beans, and Shredded Cheese or Bean and Cheese Burrito

Tuesday, December 13

Toasted Turkey Ham and Cheese Sandwich or Toasted Cheese Sandwich or Cup of Tomato Soup

Wednesday, December 14 BURGER DAY

Choice of Hamburger, Chicken Burger or Veggie Rib Patty on a Hoagie Roll with Oven Baked Fries

Thursday, December 15 Holiday Feast

Turkey in Gravy over Whipped Potatoes, Seasoned Corn, Whole Wheat Roll and Apple Crisp

Friday, December 16

Homemade Pizza..Cheese, Pepperoni or Speciality (Pizza Crust Made locally by Bagel Brothers)

FIT FAT

WANNA STAY FIT?
FIGHT THE FAT!

ITEM:
Jerky

VERDICT:
Why not?

TIP: If you're into it, jerky strips make a decent low-calorie, high-protein portable snack, although jerky is very high in sodium. And jerky makes a perfect stocking stuffer, too -- just don't let the dog anywhere near your stocking!



*based on a 1.5 oz. package of beef jerky strips

55 BY THE NUMBERS
55% OF AMERICANS AGED 12-19 (A TOTAL OF ABOUT 15 MILLION TEENS) PARTICIPATE IN VOLUNTEER WORK

Time to turn the page!



Winter Holiday begins at the end of classes
Friday, Dec. 16

Classes Resume
Tuesday, Jan. 3

We look forward to serving you in 2012!