



**Olympia School District,
Capital and Olympia High**

This institution is an equal opportunity provider.

Available Daily

- **Pizza made from scratch**
- **Grab and go meals**
- **Soup, salad and sandwich deli**
- **Vegetarian lunch items daily**
- **Healthy snacks and beverages available**
- **Organic choice salad bar**

Suggestions always welcomed
pflock@osd.wednet.edu

Featured Specials of the Day

Wednesday, February 1

Brunch for lunch

Belgian Waffle Topped with Locally made Syrup, Egg Patty, Sausage Links

Thursday, February 2

Chicken Teriyaki Rice Bowl with a Pork Egg Roll

Friday, February 3

Turkey Hot Dog with Vegetarian Chili and Shredded Cheese

Monday, February 6

Nachos

Tuesday, February 7

Macaroni and Cheese with Steamed Vegetables

Wednesday, February 8

Finals Testing-Limited Lunch
Soup, Salad and Sandwich and Snack Bar Open

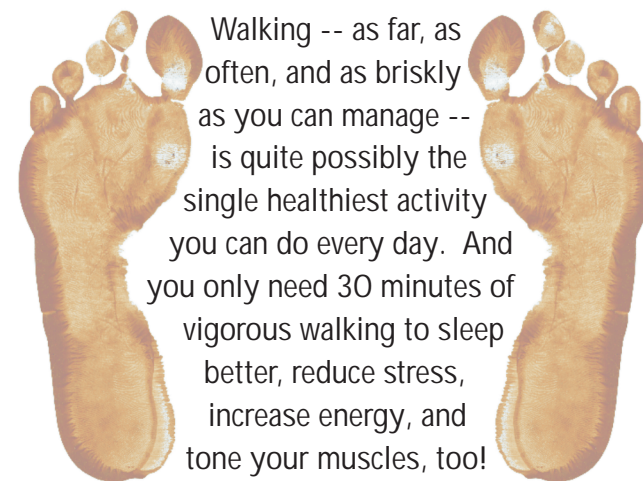
Thursday, February 9

Finals Testing-Limited Lunch
Soup, Salad and Sandwich and Snack Bar Open

Friday, February 10

Finals Testing-Limited Lunch
Soup, Salad and Sandwich and Snack Bar Open

MAKE SOME TRACKS.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Featured Specials of the Day

Monday, February 13

Soft or Hard Shell Tacos

Tuesday, February 14

Turkey a la King ver Rice

Wednesday, February 15

Spaghetti with or without Meatballs, French Bread

Thursday, February 16

Chicken Teriyaki Rice Bowl with a Pork Egg Roll

Friday, February 17

Mid-Winter Break

No School Today



49 BY THE NUMBERS
IN 1900, AMERICANS' AVERAGE LIFE EXPECTANCY WAS 49 YEARS. BY 2007, THE AVERAGE HAD GONE UP TO 78.

Featured Specials of the Day



Monday, February 20

**Presidents' Day
No School Today**



Tuesday, February 21

Beef Enchiladas on a Bed of Lettuce with Black Beans

Wednesday, February 22

Beefy Macaroni Casserole with Garden Peas and a Whole Wheat Roll

Thursday, February 23

Chicken Teriyaki Rice Bowl with a Pork Egg Roll

Friday, February 24

French Dip Au Jus with Cole Slaw

Monday, February 27

Nachos

Tuesday, February 28

Chicken Teriyaki Rice Bowl with a Pork Egg Roll

Wednesday, February 29

Pepperoni or Cheese Calzone

Please see reverse for items available daily

ANDY WASN'T USUALLY **THE ROMANTIC TYPE**. BUT RIGHT AROUND LUNCH TIME EVERY SCHOOL DAY, HE DEVELOPED A **SUDDEN AND OVERWHELMING CRUSH** ON WHATEVER WAS BEING DISHED UP IN THE CAFETERIA.



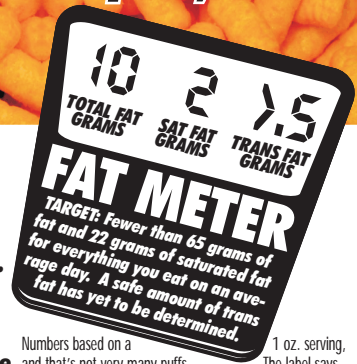
Every complete meal we serve includes your choice of lowfat white or nonfat chocolate milk.

FIT FAT

WANNA STAY FIT?
FIGHT THE FAT!

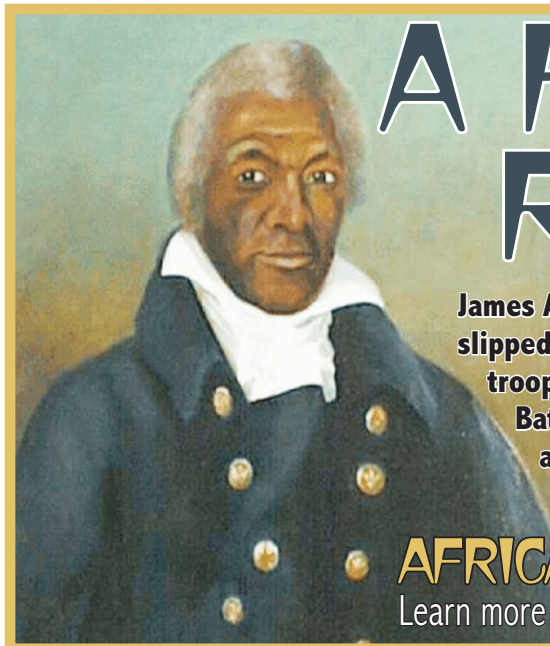
ITEM: Cheese Puffs
VERDICT: You'll puff, too.

TIP: Like many salty snacks, cheese puffs are high in fat and calories and low in nutrition value. Unlike most salty snacks, cheese puffs stain your fingers orange. You decide if this is a good thing.



Numbers based on a 1 oz. serving, and that's not very many puffs. The label says 0g trans fat, but they're allowed to say that if it's less than .5 grams per serving, which, again, can really add up.

A HERO OF THE REVOLUTION



James Armistead was a Revolutionary War patriot and spy. He slipped behind enemy lines and obtained information about British troops in Virginia that helped the American side win the war at the Battle of Yorktown. He later added the last name "Lafayette" as a tribute to French General Lafayette who fought with George Washington and the Americans during the war.

AFRICAN AMERICAN HISTORY MONTH

Learn more at blackpast.org or do a search for James Armistead Lafayette