



**Olympia School District,  
Middle School**

This institution is an equal opportunity provider.



**Featured Specials of the Day**

**Wednesday, February 1**  
**BURGER DAY**

Choice of Hamburger, Chicken Burger or Garden Burger with Oven Baked Fries

**Thursday, February 2**

Chicken Nuggets or Sunbutter and Locally made Jelly Sandwich with Steamed Vegetables

**Friday, February 3**

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

**Monday, February 6**

Nachos with Taco Meat & Refried Beans Cooked Together or Cheese Quesadilla

**Tuesday, February 7**

Macaroni and Cheese or Deli Turkey Sandwich both with Banana Bread

**Wednesday, February 8**  
**BURGER DAY**

Choice of Hamburger, Chicken Burger or Garden Burger with Oven Baked Tots

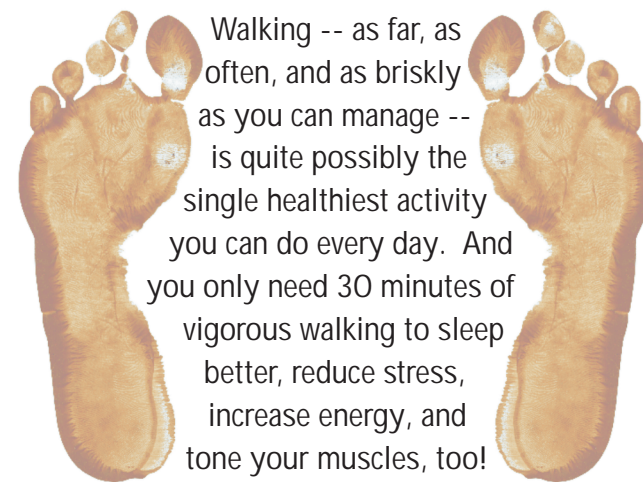
**Thursday, February 9**

Chicken Teriyaki Rice Bowl or Wrap Sandwich

**Friday, February 10**

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

**MAKE SOME TRACKS.**



Walking -- as far, as often, and as briskly as you can manage -- is quite possibly the single healthiest activity you can do every day. And you only need 30 minutes of vigorous walking to sleep better, reduce stress, increase energy, and tone your muscles, too!

**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 or Bean and Cheese Burrito

**Tuesday, February 14**  
**Brunch for lunch**

Belgian Waffle Topped with Locally made Syrup, Egg Patty, Sausage Links and Tater Tots or Sunbutter and Locally made Jelly Sandwich

**Wednesday, February 15**  
**BURGER DAY**

Choice of Hamburger, Chicken Burger or Garden Burger with Oven Baked Fries

**Thursday, February 16**

Handmade Cheese or Pepperoni Calzone with Caesar Salad

**Friday, February 17**  
**No School Today**  
**MID-WINTER BREAK**



**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 Dippers or Vegetarian Chili with Shredded Cheese both come with a Whole Wheat Roll

**Wednesday, February 22**

**BURGER DAY**

Choice of Hamburger, Chicken Burger or Garden Burger with Oven Baked Tots

**Thursday, February 23**

Spaghetti with Meat or Meatless Sauce with Caesar Salad and a Max Stick

**Friday, February 24**

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

**Monday, February 27**

Nachos with Taco Meat & Refried Beans Cooked Together or Cheese Quesadilla

**Tuesday, February 28**

Fish and Chips(Curley Fries) Sunbutter and Locally Made Jelly Sandwich with Curley Fries

**Wednesday, February 29**

**BURGER DAY**

Choice of Hamburger, Chicken Burger or Garden Burger with Oven Baked Fries

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!

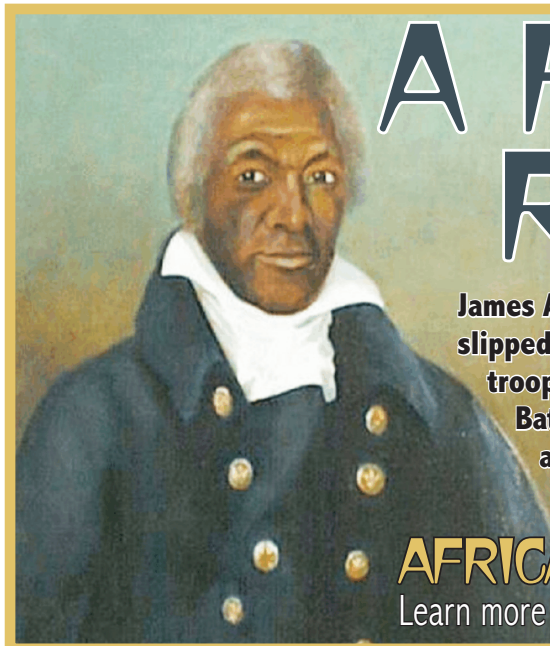
**ITEM: Cheese Puffs**  
**VERDICT: You'll puff, too.**

**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](http://blackpast.org) or do a search for James Armistead Lafayette