



**Olympia School District,
Middle School**



Winner Circle Wrap Sandwiches

***Organic Choice Salad Bar**

***Vegetarian Lunch Options Daily**

***Health Snack and Beverage
Available**

*** Single Non Fat Chocolate and 1%
White Milk \$.60.**



Featured Specials of the Day

Monday, October 3

Beef Teriyaki Dippers with a Dinner Roll or
Cheese Quesadilla with Banana Bread

Tuesday, October 4

Spaghetti with Meat Balls or Meatless Sauce
with French Bread

Wednesday, October 5

BURGER DAY

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

Thursday, October 6

Teriyaki Chicken Rice Bowl or
Wrap Sandwich

Friday, October 7

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

DON'T LET THIS HAPPEN TO YOU!!!

EVERYBODY THOUGHT IT WAS A
**REALLY COOL
COSTUME,**
BUT, IN REALITY,
NICK JUST
NATURALLY
TURNED INTO A
CREATURE WHEN HE
HADN'T EATEN LUNCH!



4.25 BY THE NUMBERS
CANDY CORNS SOLD ANNUALLY
WOULD CIRCLE THE EARTH 4.25
TIMES IF LAID END TO END

SAVE THE BANANA!



They're a nutritious, portable snack or
part of a healthy breakfast -- but
bananas are under attack! A
disease could wipe out the
world's supply of the most
popular kind of banana in the
next 25 years. Scientists are
hard at work to identify
banana varieties that
resist the disease.
Let's wish them luck!

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

Featured Specials of the Day

Monday, October 10

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

Tuesday, October 11

Toasted Turkey Ham & Cheese Sandwich or
Toasted Cheese Sandwich with a Cup of
Soup

Wednesday, October 12

BURGER DAY

Choice of Hamburger, Chicken Burger,
Veggie Rib Sandwich on a Hoagie Bun or
with Oven Baked Tots

Thursday, October 13

Fish Sandwich (Breaded Pollock) with Curley
fries and Cole Slaw

Friday, October 14

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

PLEASE SEE REVERSE FOR
ITEMS AVAILABLE DAILY

Featured Specials of the Day

Monday, October 17

Macaroni and Cheese or Deli Turkey and Cheese Sandwich

Tuesday, October 18

Mandarin Orange Chicken Chunks with Steamed Rice or Wrap Sandwich

Wednesday, October 19

BURGER DAY

Choice of Hamburger, Chicken Burger, Vegetarian Burger or Fish Sandwich with Oven Baked Fries

Thursday, October 20

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

Friday, October 21

Teacher In-Service Day
No School

THE TSUNAMI THAT HIT JAPAN LAST MARCH CAUSED ICEBERGS TO BREAK OFF FROM THE ICE SHELF IN ANTARCTICA -- 8,000 MILES AWAY! IT TOOK 18 HOURS FOR THE WAVES TO REACH THAT DISTANT SHORE, AND THEY WERE ONLY ABOUT A FOOT HIGH WHEN THEY GOT THERE, BUT THE ACTION WAS ENOUGH TO BREAK OFF ICEBERGS WITH COMBINED SURFACE AREAS MORE THAN TWICE THE SIZE OF MANHATTAN!

STRANGE
BUT TRUE!

FIT FAT

WANNA STAY FIT?
FIGHT THE FAT!



ITEM: Parsley
VERDICT: Breathe Easy

TIP: Parsley has three times as much vitamin C as oranges. Twice as much iron as spinach. And it helps prevent high blood pressure, too. So who cares, right? OK, how about this: chew a sprig of parsley at the end of a meal and you won't ever have to worry about bad breath!



THE **A** LIST

Most Popular Baby Names

Top Ten baby names in the United States in 1995 and in 2010

1995, Girls:
1/Jessica 2/Ashley 3/Emily 4/Samantha 5/Sarah 6/Taylor 7/Hannah 8/Brittany 9/Amanda 10/Elizabeth

1995, Boys:
1/Michael 2/Jacob 3/Daniel 4/Austin 5/Christopher 6/Brandon 7/Joshua 8/Tyler 9/Madison 10/Sophia

2010, Girls:
1/Isabella 2/Abigail 3/Emma 4/Olivia 5/Emily 6/Mia 7/Sophia 8/Madison 9/Chloe 10/Mia

2010, Boys:
1/Jacob 2/Ethan 3/Michael 4/Jayden 5/William 6/Alexander 7/Noah 8/Daniel 9/Aiden 10/Anthony

Source: United States Social Security Administration

Featured Specials of the Day

Monday, October 24

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

Tuesday, October 25

Meatball Maranara Sandwich or Sun Butter and Jelly Sandwich

Wednesday, October 26

BURGER DAY

Choice of Hamburger, Chicken Burger, Veggie Rib Patty Sandwich on a Hoagie Bun with Oven Baked Tots

Thursday, October 27

Brunch for Lunch

Waffle with Syrup, Scrambled Eggs, Turkey Sausage Link and Hash Browns

Friday, October 28

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