



**Olympia School District,
Middle School**

This institution is an equal opportunity provider.

available daily

- * **Wrap Sandwiches**
- * **Organic Choice Salad Bar**
- * **Vegetarian Lunch Option Every Day**
- * **Healthy Snack and Beverage Options**
- * **Single Milk \$.60**

Featured Specials of the Day
Monday, September 5
 ★ **LABOR DAY** ★
Tuesday, September 6
 NO SCHOOL
Wednesday, September 7
BURGER DAY
 Choice of Hamburger, Chicken Burger,
 Vegetarian Burger or Fish Sandwich with
 Oven Baked Fries
Thursday, September 8
 Nachos with Taco Meat, Refried Beans and
 Shredded Cheese or Cheese Quesadilla
Friday, September 9
 Homemade Pizza..Cheese, Pepperoni or
 Speciality (Pizza Crust made Locally by Bagel Brothers)

**NOW SERVING: Protein,
Calcium . . . and FIBER?!**

Flavored fat-free milk provides the same great calcium and protein as white milk – and chocolate milk even contains fiber! Eight ounces of flavored fat-free milk includes 14 g or less of added sugar – that’s about 60 calories – in addition to about 12 g of naturally occurring lactose sugar that comes straight from the cow.



No wonder national health groups ranging from the American Academy of Pediatrics to the American Dietetic Association all support low-fat and fat-free milk in schools, including flavored milk. Milk in schools is a crucial source of calcium and other key nutrients for teens -- and a fairly minimal source of sugar and calories.

MODERATION.

The new MyPlate graphic advises us about the kinds of food to put on our plates. But WHAT you eat isn't the only thing that matter – the SIZE of the plate and the AMOUNT of food you put on it makes a difference, too. The best advice for healthy living is to enjoy what you eat, but don't overdo it.



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

Featured Specials of the Day
Monday, September 12
 Chicken Nuggets or Vegetarian Chili both
 come with Corn Bread
Tuesday, September 13
 Deli Turkey Sandwich or Toasted Cheese
 Sandwich with a Cup of Soup
Wednesday, September 14
BURGER DAY
 Choice of Hamburger, Chicken Burger,
 or Vegetarian Burger with Oven Baked
 Fries
Thursday, September 15
 Spaghetti with Meatballs or Meatless Sauce
 with a Max Stick
Friday, September 16
 NO SCHOOL TEACHER IN-SERVICE

Nobody learns if they're empty.



Someone once said that 80% of success in life is just showing up. We're not sure if that's true, but we do know that you can't expect to learn if you're not filling up that seat every day. And you can't keep your seat full unless you're full, too. It's a fact: you have to eat well to learn well. We hope you'll join us often this year!

Breakfast **Lunch**
\$1.50 **\$2.60**

Get in touch with us today to learn more about free and reduced-price meals in our district:
360.596.7007

please see reverse for items available daily

Featured Specials of the Day

Monday, September 19

BBO Chicken Legs with Seasoned Corn, Whipped Potatoes and a Whole Wheat Roll or Sunbutter and Jelly Sandwich

Tuesday, September 20

Teriyaki Chicken Rice Bowl with a Pork Egg Roll or Wrap Sandwich

Wednesday, September 21

BURGER DAY

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

Thursday, September 22

Chicken Nuggets or Vegetarian Chili with Shredded Cheese both come with Corn Bread

Friday, September 23

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

Featured Specials of the Day

Monday, September 26

Nachos with Taco Meat, Refried Beans and Shredded Cheese or Cheese Quesadilla

Tuesday, September 27

Meatball Maranara Sandwich or Sunbutter and Jelly Sandwich both come with a Hot Vegetable

Wednesday, September 28

BURGER DAY

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

Thursday, September 29

Beefy Macaroni Casserole (featuring locally raised grass fed beef) or Veggie Rib Patty with BBQ Sauce on a Hoagie Roll

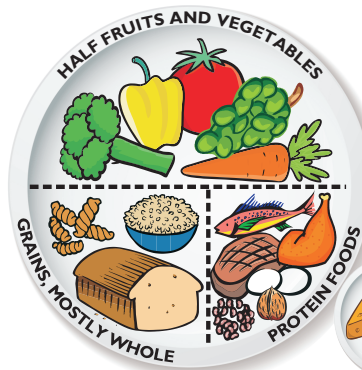
Friday, September 30

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

FIT FAT

WANNA STAY FIT?

FIGHT THE FAT!



ITEM: Your entire diet
VERDICT: Check your plate

TIP: The Food Guide Pyramid has been replaced by the new "MyPlate" graphic. If you try to follow the MyPlate advice – make your plate (and your entire diet) about half fruits and veggies, a little more than a quarter grains (mostly whole grains), a little less than a quarter lean protein, and a small amount of dairy – you won't even have to watch the fat.



Check it out at CHOOSEMYPLATE.gov