

Menus for February 2012

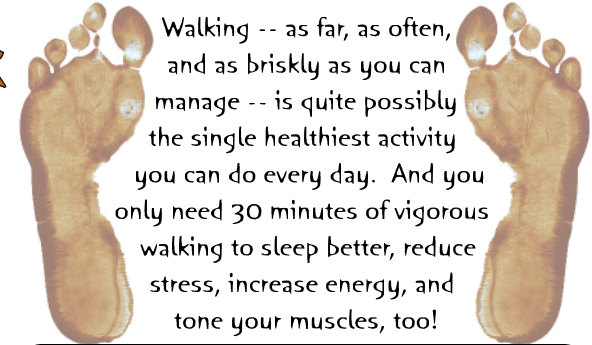
Columbia County Elementary Schools

This institution is an equal opportunity provider.



Choice of milk served with all complete meals:
Lowfat Chocolate
Lowfat White, Lowfat Strawberry

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!

MealpayPlus
 Online Prepayment System
 Powered by Horizon Software International, LLC

BREAKFAST

\$1.25

LUNCH

\$2.00

Pay for meals on-line at Mealpayplus.com!

WE ARE FRESH EVERY DAY!
EAT BETTERLIVE HEALTHIER



Fresh seasonal fruit served every day
 &
 Garden salads made fresh every day



LOOK WHAT WE HAVE TO OFFER !

Available Daily

<p>Breakfast</p> <ul style="list-style-type: none"> Assorted Cereal Whole Wheat Toast With Jelly Assorted Juices Fruit Choice of Milk 	<p>Lunch</p> <ul style="list-style-type: none"> Peanut Butter & Jelly Sandwich Plate Yogurt & Cheese Plate Hot Vegetable of the Day Seasonal Fresh Fruit Assorted Chilled Fruit Garden Salad With Dressing Choice of Milk
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Monday, February 6

Breakfast
 Fortified Honey Bun

Lunch
 Chicken & Rice Casserole
 Honey Wheat Roll &
 California Blend Vegetables

Tuesday, February 7

Breakfast
 Egg & Cheese Biscuit

Lunch
 Cheeseburger on Bun &
 Baked Beans

Special: Chef's Cookie

Wednesday, February 8

Breakfast
 Fruit Muffin with String Cheese

Lunch
 Breaded Chicken Nuggets
 Honey Wheat Roll &
 Whipped Potatoes

Thursday, February 9

Breakfast
 Reduced Fat Donut

Lunch
 Homestyle Macaroni & Cheese
 Honey Wheat Roll &
 Tender Collard Greens

Special: Chef's Cookie

Friday, February 10

Breakfast
 Sausage Biscuit

Lunch
 Crispy Shrimp Poppers with Sweet Corn Fritter &
 Baby Lima Beans

Wednesday, February 1

Breakfast
 Reduced Fat Donut

Lunch
 Pepperoni or Cheese Pizza &
 Golden Sweet Potato Wedges

Thursday, February 2

Breakfast
 Ham & Cheese Biscuit

Lunch
 Spaghetti & Meatsauce with Honey Wheat Roll &
 Tender Mixed Vegetables

Special: State Cookies

Friday, February 3

Breakfast
 Pancake Pup with Syrup

Lunch
 Mandarin Orange Chicken with Steamed Rice
 Honey Wheat Roll &
 Steamed Broccoli

Monday, February 13

Breakfast

Waffles with Syrup

Lunch

Teriyaki Chicken with Steamed Rice
Honey Wheat Roll & Seasoned Green Beans

Tuesday, February 14

Breakfast

Ham & Cheese Biscuit

Lunch

Pepperoni Pizza Round & Crispy Oven Fries

Special: Capital Cookies

Wed., February 15

Breakfast

Fortified Honey Bun

Lunch

Hearty Beef & Bean Chili with Saltine Crackers & Fresh Baked Cinnamon Roll

Thursday, February 16

Breakfast

Egg & Cheese Biscuit

Lunch

Country Fried Steak with Gravy
Honey Wheat Roll & Whipped Potatoes

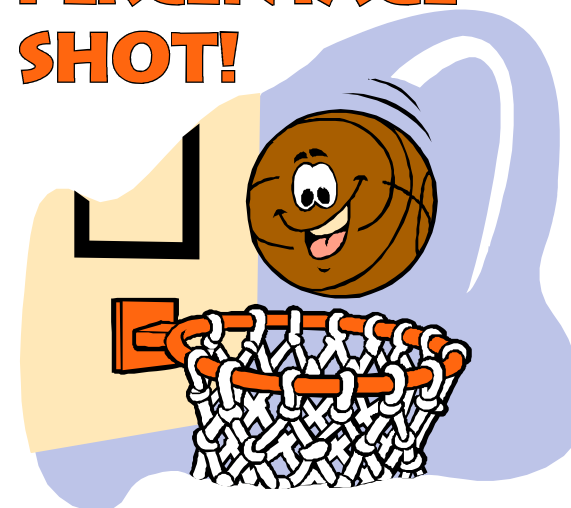
Special: Chef's Cookie

Friday, February 17

Teacher Workday

No School Today!

TAKE THE HIGH PERCENTAGE SHOT!



**IT'S A SLAM DUNK!
EAT LUNCH WITH US
EVERY DAY TO DO YOUR
BEST AT SCHOOL & PLAY!**

Breakfast

\$1.25

Lunch

\$2.00

We provide free and reduced-price meals (\$.30 for breakfast, \$.40 for lunch) for eligible students. We accept applications all school year. Please call 755-8046 for details.

Monday, February 20

Presidents' Day



No School Today

Tuesday, February 21

Breakfast

Sausage Biscuit

Lunch

Vegetable Beef Soup With Saltine Crackers & Grilled Cheese Sandwich

Special: Chef's Cookie

Wed., February 22

Breakfast

Reduced Fat Donut

Lunch

Pepperoni or Cheese Pizza & Golden Sweet Potato Wedges

Thursday, February 23

Breakfast

Ham & Cheese Biscuit

Lunch

Spaghetti & Meatsauce with Honey Wheat Roll & Tender Mixed Vegetables

Special: State Cookies

Friday, February 24

Breakfast

Pancake Pup with Syrup

Lunch

Mandarin Orange Chicken with Steamed Rice
Honey Wheat Roll & Steamed Broccoli

Monday, February 27

Breakfast

Fortified Honey Bun

Lunch

Chicken & Rice Casserole
Honey Wheat Roll & California Blend Vegetables

Tuesday, February 28

Breakfast

Egg & Cheese Biscuit

Lunch

Cheeseburger on Bun & Baked Beans

Special: Chef's Cookie

Wed., February 29

Breakfast

Fruit Muffin with String Cheese

Lunch

Breaded Chicken Nuggets
Honey Wheat Roll & Whipped Potatoes

FEBRUARY BIRTHDAYS

- Langston Hughes -- Feb. 1
- Rosa Parks -- Feb. 4
- Alice Walker (68) -- Feb. 9
- Abraham Lincoln -- Feb. 12
- Frederick Douglass -- Feb. 14
- George Washington -- Feb. 22

Word of the Month
car·ing

adj. 1. feeling and showing concern and empathy for others 2. having or displaying warmth or affection 3. concerned; devoted; tender

FRUIT
Olives

Olives and the oil that is made from them are the basis of the healthy Mediterranean-style diet. Olives are a great source of iron and fiber, and although they are high in fat, it's the "good" kind of fat that helps lower cholesterol.

OF THE MONTH