



Challenge Learning Center,
Adult Education, & Enrichment Center
This institution is an equal opportunity provider.



Breakfast Served with Orange Juice
& Choice of Milk

Lunch

Peanut Butter & Jelly Sandwich
Spicy Chicken Sandwich Mon/Wed/Fri
Hamburger with Fixins Tues/Thurs

Choice of Two Sides with Meals:

Crispy Baked Potatoes
Fresh Garden Salad with Dressing
Chilled or Fresh Seasonal Fruit
Hot Vegetable of the Day

Hearty Chef's Salads Available Daily

Choice of Milk Served with all Complete
Meals

Featured Specials of the Day

Wednesday, February 1

Breakfast

Fortified Honey Bun

Lunch

Cheesy Garlic Flatbread with Sauce & Sweet Potato Wedges

Thursday, February 2

Breakfast

Fruit Muffin with String Cheese

Lunch

Zesty Spaghetti & Meatsauce with Honey Wheat Roll
& Seasoned Green Beans

Friday, February 3

Breakfast

Cereal with Graham Crackers

Lunch

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

Monday, February 6

Breakfast

Cereal with Graham Crackers

Lunch

Chicken & Rice Casserole with Honey Wheat Roll
& Sweet Glazed Carrots

Tuesday, February 7

Breakfast

Fruit Muffin with String Cheese

Lunch

Cheesy Beefy Nachos with Seasoned Corn

Wednesday, February 8

Breakfast

Peanut Butter & Jelly Wafer Bar

Lunch

Oven Fried Chicken with Honey Wheat Roll
& Whipped Potatoes

Thursday, February 9

Breakfast

Reduced Fat Donut

Lunch

Homestyle Macaroni & Cheese
Honey Wheat Roll & Tender Collard Greens

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

Friday, February 10

Breakfast

Cereal with String Cheese

Lunch

Crispy Shrimp Poppers with Sweet Corn Fritters
& Baby Lima Beans

Monday, February 13

Breakfast

Cereal with Graham Crackers

Lunch

Teriyaki Chicken with Steamed Rice
Honey Wheat Roll & Steamed Broccoli

Tuesday, February 14

Breakfast

Fruit Muffin with String Cheese

Lunch

Hearty Beef & Bean Chili with Saltines
& Fresh Baked Cinnamon Roll

Wednesday, February 15

Breakfast

Fortified Honey Bun

Lunch

Golden Corn Dog with Baked Beans

Thursday, February 16

Breakfast

Peanut Butter & Jelly Wafer Bar

Lunch

Country Fried Steak with Gravy
Honey Wheat Roll & Whipped Potatoes

Friday, February 17

**Teacher Workday
No School Today!**

Featured Specials of the Day



Monday, February 20

*Presidents' Day
No School Today*



Tuesday, February 21

Breakfast

Peanut Butter & Jelly Wafer Bar

Lunch

Homestyle Vegetable Beef Soup with Saltine Crackers & Grilled Cheese Sandwich

Wednesday, February 22

Breakfast

Fortified Honey Bun

Lunch

Cheesy Garlic Flatbread with Sauce & Sweet Potato Wedges

Thursday, February 23

Breakfast

Fruit Muffin with String Cheese

Lunch

Zesty Spaghetti & Meatsauce with Honey Wheat Roll & Seasoned Green Beans

Friday, February 24

Breakfast

Cereal with Graham Crackers

Lunch

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

Featured Specials of the Day

Monday, February 27

Breakfast

Cereal with Graham Crackers

Lunch

Chicken & Rice Casserole with Honey Wheat Roll & Sweet Glazed Carrots

Tuesday, February 28

Breakfast

Fruit Muffin with String Cheese

Lunch

Cheesy Beefy Nachos with Seasoned Corn

Wednesday, February 29

Breakfast

Peanut Butter & Jelly Wafer Bar

Lunch

Oven Fried Chicken with Honey Wheat Roll & Whipped Potatoes

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!**

Please see reverse for items available daily



**SURF OVER TO
www.columbia.k12.fl.us
Click on Food Service
It's one tasty site!**



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

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

Still the Best Deal in Town

Breakfast

\$1.25

\$1.25

Lunch

\$2.00

\$2.25

Elementary

Secondary

Elementary

Secondary

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