



**Columbia High School &  
Fort White High School**

*This institution is an equal opportunity provider.*



*Featured Specials of the Day*

- Wednesday, February 1*  
Cheesy Garlic Flatbread with Sauce  
& Sweet Potato Casserole
- Thursday, February 2*  
Zesty Spaghetti with Meatsauce  
Honey Wheat Roll & Seasoned Green Beans
- Friday, February 3*  
Mandarin Orange Chicken with Steamed Rice  
Honey Wheat Roll & Oriental Vegetables
- Monday, February 6*  
Chicken & Rice Casserole  
Honey Wheat Roll & Sweet Glazed Carrots
- Tuesday, February 7*  
Cheesy Beefy Nachos with Mexican Rice  
& Seasoned Corn
- Wednesday, February 8*  
Crispy Oven Fried Chicken  
Honey Wheat Roll & Whipped Potatoes
- Thursday, February 9*  
Macaroni & Cheese  
Honey Wheat Roll & Tender Collard Greens
- Friday, February 10*  
Crispy Shrimp Poppers  
Sweet Corn Fritters & Baby Lima Beans
- Monday, February 13*  
Teriyaki Chicken with Steamed Rice  
Honey Wheat Roll & Steamed Broccoli
- Tuesday, February 14*  
Hearty Beef & Bean Chili with Saltines  
& Fresh Baked Cinnamon Roll
- Wednesday, February 15*  
Golden Corn Dog with Baked Beans
- Thursday, February 16*  
Country Fried Steak with Gravy  
Honey Wheat Roll & Whipped Potatoes
- Friday, February 17*  
**Teacher Workday**  
**No School Today!**



**EAT 5-9 A DAY**  
for better health

## Featured Specials of the Day



Monday, February 20

Presidents' Day  
No School Today



Tuesday, February 21

Homestyle Vegetable Beef Soup with Saltines  
& Grilled Cheese Sandwich

Wednesday, February 22

Cheesy Garlic Flatbread with Sauce  
& Sweet Potato Casserole

Thursday, February 23

Zesty Spaghetti with Meatsauce  
Honey Wheat Roll & Seasoned Green Beans

Friday, February 24

Mandarin Orange Chicken with Steamed Rice  
Honey Wheat Roll & Oriental Vegetables

Monday, February 27

Chicken & Rice Casserole  
Honey Wheat Roll & Sweet Glazed Carrots

Tuesday, February 28

Cheesy Beefy Nachos with Mexican Rice  
& Seasoned Corn

Wednesday, February 29

Crispy Oven Fried Chicken  
Honey Wheat Roll & Whipped Potatoes



## MealpayPlus

Online Prepayment System  
Powered by Horizon Software International, LLC

**BREAKFAST**

\$1.25

**LUNCH**

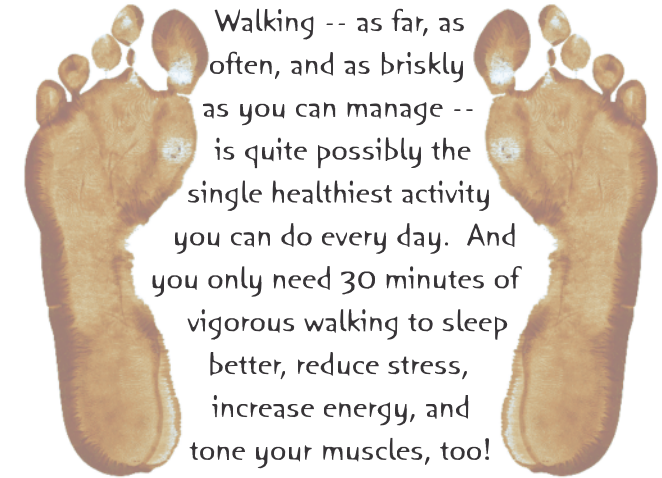
\$2.25

Pay for meals on-line at [Mealpayplus.com](http://Mealpayplus.com)!



Every complete meal we serve includes your choice of lowfat white, lowfat chocolate, or lowfat strawberry milk.

## 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!

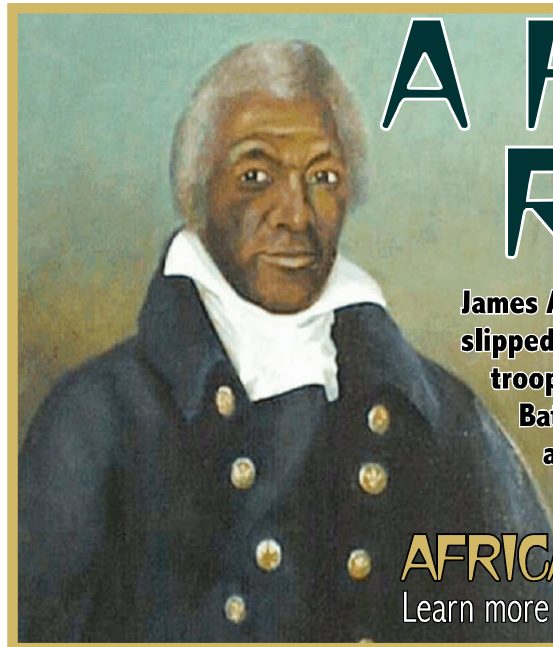
EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EARLIER.  
**WELLNESS IS A WAY OF LIFE!**



SURF OVER TO  
[www.columbia.k12.fl.us](http://www.columbia.k12.fl.us)  
Click on Food Service  
It's one tasty site!

Please see reverse for items available daily

# 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