



Lake City Middle, Richardson Middle,  
& Fort White Middle School

*This institution is an equal opportunity provider.*



## Available Daily

### Lunch

Pepperoni Pizza Round Mon/Wed/Fri  
Spicy Chicken Sandwich Mon/Wed/Fri  
Chicken Poppers & Roll Tues/Thurs  
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**

### A'la Carte

Fresh Baked Cookies  
Snapple Juice, Gatorade, Flavored Water

## Featured Specials of the Day

Wednesday, February 1

### Breakfast

Reduced Fat Donut

### Lunch

Cheesy Garlic Flatbread with Sauce & Sweet Potato Wedges

Thursday, February 2

### Breakfast

Ham & Cheese Biscuit

### Lunch

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

Friday, February 3

### Breakfast

Pancake Pup with Syrup

### Lunch

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

Monday, February 6

### Breakfast

Fortified Honey Bun

### Lunch

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

Tuesday, February 7

### Breakfast

Egg & Cheese Biscuit

### Lunch

Cheesy Beefy Nachos with Seasoned Corn

Wednesday, February 8

### Breakfast

Fruit Muffin with String Cheese

### 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

Sausage Biscuit

### Lunch

Crispy Shrimp Poppers with Sweet Corn Fritters  
& Baby Lima Beans

Monday, February 13

### Breakfast

Waffles with Syrup

### Lunch

Teriyaki Chicken with Steamed Rice  
Honey Wheat Roll & Steamed Broccoli

Tuesday, February 14

### Breakfast

Ham & Cheese Biscuit

### 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

Egg & Cheese Biscuit

### 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**

Sausage Biscuit

**Lunch**

Homestyle Vegetable Beef Soup with Saltine Crackers  
& Grilled Cheese Sandwich

Wednesday, February 22

**Breakfast**

Reduced Fat Donut

**Lunch**

Cheesy Garlic Flatbread with Sauce & Sweet Potato Wedges

Thursday, February 23

**Breakfast**

Ham & Cheese Biscuit

**Lunch**

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

Friday, February 24

**Breakfast**

Pancake Pup with Syrup

**Lunch**

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

## Featured Specials of the Day

Monday, February 27

**Breakfast**

Fortified Honey Bun

**Lunch**

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

Tuesday, February 28

**Breakfast**

Egg & Cheese Biscuit

**Lunch**

Cheesy Beefy Nachos with Seasoned Corn

Wednesday, February 29

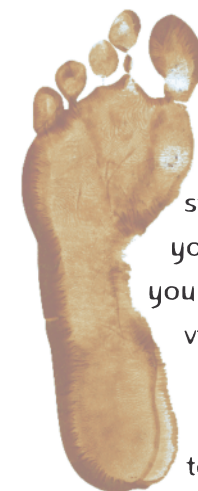
**Breakfast**

Fruit Muffin with String Cheese

**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 EARLIER.  
WELLNESS IS A WAY OF LIFE!**

*Please see reverse for items available daily*



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