

February 2012
High School Menu For
Williamsburg-James City County

Breakfast

Lunch

\$1.45

\$2.40-3.15

"In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, National origin, sex, age or disability. To file a complaint of discrimination, Write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or Call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer." Numbers in parentheses indicate the grams of carbohydrates for that item. Nutritional information is to be used as an approximate guideline and is subject to change due to occasional food substitutions by our suppliers.



Featured Specials of the Day

Wednesday, February 1

Cheesy Breadstick W/Meat Sauce (32)
Chicken BBQ Sandwich (40)
Homemade Bread W/Either (31)

Thursday, February 2

Oven Baked Chicken
W/Mashed Potatoes/Gravy & Roll (51)
Rib BQ Sandwich (34)

Friday, February 3

Smart Pizza (46)
Special Of The Day

Monday, February 6

Quesadilla (45)
Shrimp Poppers W/Mac & Cheese (35)
Wheat Roll W/Either (26)

Tuesday, February 7

Pasta Bake (39)
Chicken Parmesan Sandwich (45)

Wednesday, February 8

Super Chili Nachos (64)
Tetrazzini (27)
Homemade Bread W/Either (31)

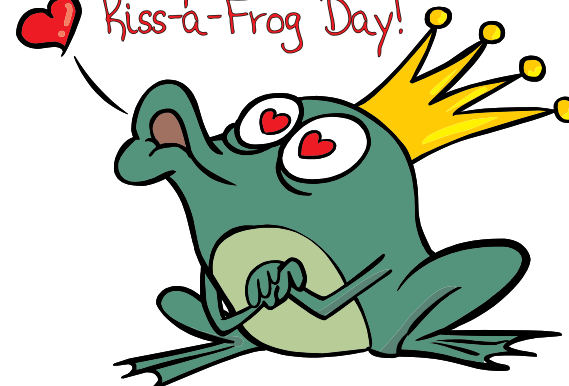
Thursday, February 9

Sloppy Joe Sandwich (36)
Mozzarella Cheese Sticks (33)
Wheat Bread Stick W/Either (19)

Friday, February 10

Smart Pizza (46)
Special Of The Day

February 14 is International
Kiss-a-Frog Day!



(Um . . . I mean Valentine's Day)

Featured Specials of the Day

Monday, February 13

Meatball Sub (61)
Spaghetti & Meatballs (60)
Garlic Bread Stick W/Either (20)

Tuesday, February 14

Valentine's Day
Corndog Nuggets (33)
Grilled Ham & Cheese Sandwich (26)
Holiday Treat

Wednesday, February 15

Fiesta Rice Bowl (64)
Chicken Fajitas (37)
Nachos & Salsa W/Either (27)

Thursday, February 16

Macaroni & Cheese (38)
Chili W/Rice (55)

Friday, February 17

Smart Pizza (46)
Special Of The Day

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



Monday, February 20

**Presidents' Day
No School Today**



Tuesday, February 21

Beef Patty W/Mashed Potatoes & Gravy (48)
Mexican Mac (24)
Wheat Roll W/Either (26)

Wednesday, February 22

Chicken Pot Pie (47)
Shrimp Poppers (16)
Homemade Bread W/Either (31)

Thursday, February 23

Beef Stir Fry W/Rice (26)
Super Deli Sub (52)
Churro W/Either (27)

Friday, February 24

Smart Pizza (46)
Special Of The Day

Monday, February 27

Chicken Nuggets W/Roll (47)
Philly Cheese Steak Sub (45)

Tuesday, February 28

Beef Soft Taco (34)
Spaghetti W/Meat Sauce (90)
Wheat Bread Stick W/Either (19)

Wednesday, February 29

Soup & Grilled Cheese Sandwich (51)
Beef & Bean Burrito (36)
Nachos & Salsa W/Either (27)

FEBRUARY BIRTHDAYS

Langston Hughes -- Feb. 1

Rosa Parks -- Feb. 4

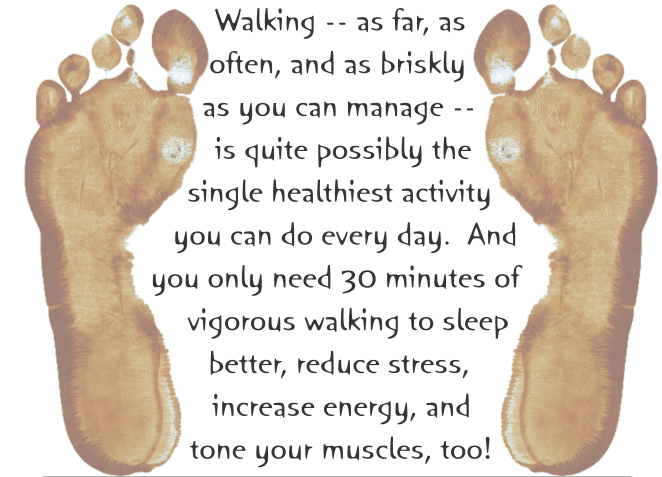
Alice Walker (68) -- Feb. 9

Abraham Lincoln -- Feb. 12

Frederick Douglass -- Feb. 14

George Washington -- Feb. 22

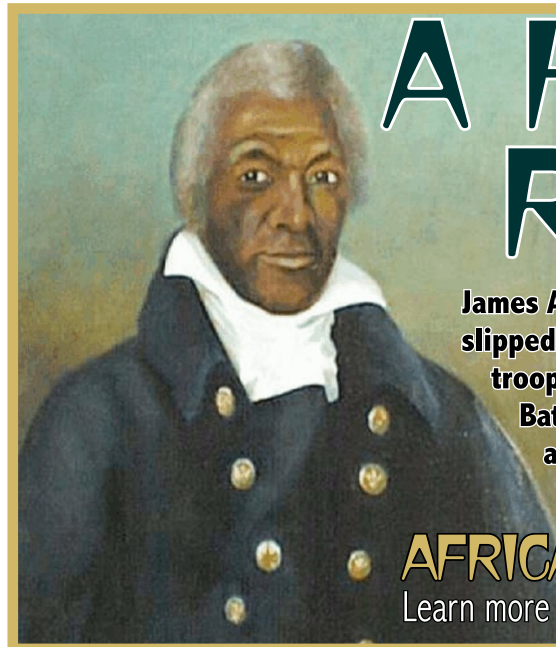
MAKE SOME TRACKS.



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!**

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 or do a search for James Armistead Lafayette

Please see reverse for items available daily