



OLYMPIA CUSD #16 ELEMENTARY SCHOOL BREAKFAST

School Meals

We serve education every day



Dear Students and Parents,

Welcome back to the start of a new school year. Recent research provides compelling evidence that under-nutrition impacts the behavior of children, their school performance and their overall cognitive development. The Olympia Food Service offers breakfast daily to elementary students. These breakfasts help students meet their RDA's for calcium, protein, calories, and Vitamin C. The breakfast program offers a variety of nutritious, kid-appealing items. The price of breakfast at Olympia is \$1.15 for students and \$1.50 for adults. A variety of items are served daily. Come join us for a great way to start the day.

August 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
16	17	18 First Day of School ½ day No Breakfast or Lunch Served	19 French Toast Sticks/Syrup Or Sausage Biscuit Choice of Juice Milk	20 Super Donut Or Waffle/Syrup/Sausage Link Choice of Juice Milk
23 Cereal and Toast Or Pancakes/Syrup Choice of Juice Milk	24 Lumberjack/Syrup or Cinnamon Tastrie Choice of Juice Milk	25 Sausage Gravy Over Biscuit Choice of Juice Milk	26 French Toast Sticks/Syrup Or Super Donut Choice of Juice Milk	27 Funnel Cake Or Breakfast Pizza Choice of Juice Milk
30 Cereal and Toast Or Sausage Biscuit Choice of Juice Milk	31 Lumberjack/Syrup or Cinnamon Tastrie Choice of Juice Milk	1 Sausage Gravy Over Biscuit Choice of Juice Milk	2 French Toast Sticks/Syrup Or Egg/Sausage Bagel Choice of Juice Milk	3 Funnel Cake Or Breakfast Pizza Choice of Juice Milk

ALL MENUS AND ALA CARTE ITEMS ARE SUBJECT TO CHANGE

Milk is offered at each meal (1% white or chocolate)

Choice of Juice – available daily – apple, grape or orange juice. Cereal and toast may be substituted for daily entrée.

Welcome Back Students!!

Olympia CUSD #16

August 2010 Elementary Lunch

We serve education every day



Dear Students and Parents,

Welcome back to the start of a new school year. Choosing school lunch is a smart idea. School lunches are economical, healthy and offer a variety of foods designed to meet the nutritional needs of the students. The average lunch menu contains approximately 700 calories with 25 – 30% of calories from fat. We use low fat cooking techniques and serve low fat (1%) white, strawberry and skim chocolate milk. Our kitchens are inspected twice annually and routinely receive scores of 99 -100%. For those students that do not want the daily entrée we offer substitutions of a Turkey Sandwich, Cheese Sandwich, Chef Salad or Yogurt and Cheese bag lunch. Please contact the Food Service Office (379-2854) if you have special dietary needs, questions or comments. The school lunch price is \$1.85 for students and \$2.50 for adults. Breakfast prices – student \$1.15 and adult \$1.50. Extra lunch entrees may be purchased for \$1.25. We look forward to serving you daily.

August 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
16	17	18 First Day of School ½ day No Breakfast or Lunch Served	19 Pizza Day Lettuce Salad Pears Juice Bar Bread Basket Milk	20 Spartan Sub Sandwich Pretzels Celery Sticks Apples Milk
23 Bosco Sticks/ Marinara Green Beans Peaches Bread Basket Milk	24 Popcorn Chicken Mashed Potatoes/Gravy Pears Bread Basket Milk	25 Hamburger on Bun Baked Beans Choice of Fruit Mandarin Oranges Milk	26 Galaxy Pizza Broccoli Pineapple Bread Basket Milk	27 Spartan Super Chef Salad Or Ravioli Breadsticks Honey Carrots Applesauce/Milk
30 Breaded Mozzarella Sticks Marinara Sauce Green Beans Orange Slices Bread Basket Milk	31 Chicken Nuggets Mashed Potatoes/Gravy Peaches Bread Basket Milk	1 Turkey Bacon Sub Sun Chips Baby Carrots Apple Milk	2 Hot Dog on Bun Baked Beans Pineapple Bread Basket Milk	3 Soft Shell Taco/Cheese Rice Lettuce Salad Fresh Vegetables Pears Milk

ALL MENUS AND ALA CARTE ITEMS ARE SUBJECT TO CHANGE

Milk is offered at each meal (1% white or skim chocolate)

AVAILABLE DAILY: Choice of Fruit (assorted canned, frozen & fresh fruit)---ENTRÉE SUBSTITUTE: Turkey sandwich; cheese sandwich, Yogurt & Cheese, Chef Salad

Welcome Back Students!



OLYMPIA CUSD #16 ELEMENTARY SCHOOL BREAKFAST

September 2010



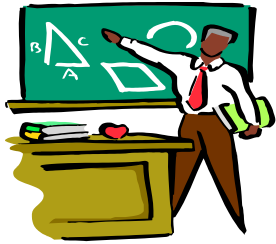
Student Breakfast - \$1.15 Adult Breakfast - \$1.35

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 Labor Day Holiday No School	7 Lumberjack/Syrup Or Super Donut Choice of Juice Milk	8 Sausage Gravy Over Biscuit Choice of Juice Milk	9 French Toast Sticks/Syrup Or Cinnamon Tastrie Choice of Juice Milk	10 Breakfast Pizza Or Waffles/Syrup Choice of Juice Milk
13 Cereal/Toast Or Sausage Biscuit Choice of Juice Milk	14 Lumberjack/Syrup Or Pancakes/Syrup Choice of Juice Milk	15 Sausage Gravy Over Biscuit Choice of Juice Milk	16 French Toast Sticks/Syrup Or Bacon/Egg Sandwich Choice of Juice Milk	17 Funnel Cake Or Waffles/Syrup Choice of Juice Milk
20 Cereal/Toast Or Breakfast Pizza Choice of Juice Milk	21 Lumberjack/Syrup Or Pancakes/Syrup Choice of Juice Milk	22 Sausage Gravy Over Biscuit Choice of Juice Milk	23 French Toast Sticks/Syrup Or Breakfast Pizza Choice of Juice Milk	24 Cinnamon Tastrie Or Sausage Biscuit Choice of Juice Milk
27 Cereal/Toast Or Breakfast Pizza Choice of Juice Milk	28 Lumberjack/Syrup Or Pancakes/Syrup Choice of Juice Milk	29 Sausage Gravy Over Biscuit Choice of Juice Milk	30 French Toast Sticks/Syrup Or Egg/Cheese Bagel Choice of Juice Milk	1 Cinnamon Tastrie Or Sausage Biscuit Choice of Juice Milk

MENU IS SUBJECT TO CHANGE

Milk is offered at each meal (1% white, strawberry, or chocolate)

AVAILABLE DAILY: assorted juices (apple, grape and orange) ----- ENTRÉE SUBSTITUTE: Cereal and Toast or Poptart



Olympia CUSD #16

September 2010 Elementary Lunch



Student Lunch - \$1.85 Adult Lunch - \$2.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 Labor Day Holiday No School	7 Pizza Sticks/Marinara Peas Mandarin Oranges Bread Basket Milk	8 Deli Turkey Wrap Pretzels Mixed Vegetables Applesauce Milk	9 Mini Corn Dogs Macaroni and Cheese Green Beans Peaches Milk	10 Grilled Chicken Patty On Bun Honey Buttered Carrots Bread Basket Pears Milk
13 Pizza Day Broccoli Fresh Apple Slices Bread Basket Milk	14 Chicken Nuggets Mashed Potatoes/Gravy Pineapple Bread Basket Milk	15 Pork Tenderloin on Bun Green Beans Peaches Rice Krispie Treat Milk	16 Walking Taco Refried Beans Pears Bread Basket Milk	17 Turkey Bacon Sub Carrot and Celery Sticks Orange Slices Bread Basket Milk
20 Breaded Mozzarella Sticks Peas and Carrots Pineapple Bread Basket Milk	21 Popcorn Chicken Mashed Potatoes/Gravy Mandarin Oranges Bread Basket Milk	22 Pizza Day Lettuce & Tomato Salad Pears Bread Basket Milk	23 Cheeseburger on Bun Tator Tots Peaches Bread Basket Milk	24 Spartan Chef Salad Or Ravioli Green Beans Apple Slices Garlic Bread Milk
27 Soft Shell Taco/Cheese Corn Orange Slices Bread Basket Milk	28 Pizza Day Fresh Veggies/Dip Applesauce Bread Basket Milk	29 SIP – ½ Day of School	30 Hot Dog on Bun Baked Beans Pears Bread Basket Milk	1 Bosco Sticks/Marinara Green Beans Pineapple Bread Basket Milk

MENU IS SUBJECT TO CHANGE

Milk is offered at each meal (1% white or chocolate)

AVAILABLE DAILY: FRUIT TRAY (assorted canned & fresh fruit)---- ENTRÉE SUBSTITUTE: TURKEY SANDWICH; CHEESE SANDWICH, CHEF SALAD OR YOGURT AND CHEESE STICK.