

Featured Specials of the Day

Wednesday, February 1

Egg & Sausage Sandwich (B)
Chicken Cordon Bleu
(Chicken, Ham, Swiss) on a Hamburger Bun
Tater Tots

Thursday, February 2

Hot Ham & Cheese Sandwich (B)
Tacos with Soft Shells
Beef, Cheese, Salsa, Sour Cream, Corn

Friday, February 3

Yogurt, Mini Muffin (B)
Chicken & Cheese Quesadilla
Green Salad with Dressing

Monday, February 6

Breakfast Bites (B)
Popcorn Chicken
Mashed Potatoes
Biscuit, Corn

Tuesday, February 7

Scrambled Egg & Sausage (B)
French Dip (Roast Beef with Au Jus Gravy)
On French Bread, Shoestring Fries

Wednesday, February 8

Colby Cheese Omelet (B)
Oriental Chicken with Lo Mein Noodles
Vegetable Eggroll

Thursday, February 9

Hot Ham & Cheese Sandwich (B)
Penne Pasta with 3 sauces
Garlic Bread, Broccoli

Friday, February 10

Egg Patty on English Muffin (B)
Chicken Wings Bleu Cheese
Carrot Sticks, Shoestring Fries

FEBRUARY BIRTHDAYS

Langston Hughes -- Feb. 1

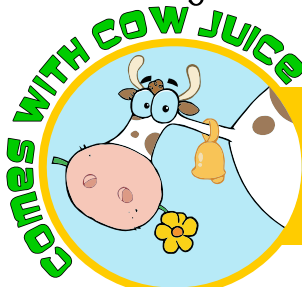
Rosa Parks -- Feb. 4

Alice Walker (68) -- Feb. 9

Abraham Lincoln -- Feb. 12

Frederick Douglass -- Feb. 14

George Washington -- Feb. 22



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

FIT FAT

WANNA STAY FIT?
FIGHT THE FAT!

ITEM: Cheese Puffs
VERDICT: You'll puff, too.

TIP: Like many salty snacks, cheese puffs are high in fat and calories and low in nutrition value. Unlike most salty snacks, cheese puffs stain your fingers orange. You decide if this is a good thing.



Numbers based on a 1 oz. serving, and that's not very many puffs. The label says 0g trans fat, but they're allowed to say that if it's less than .5 grams per serving, which, again, can really add up.

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