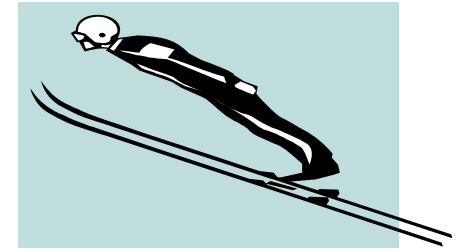


CHOICE LUNCH MENU

Winter 2012 (starting 01/17/12)

MONDAY

TACO POCKET
CHICKEN FAJITA SALAD
New! TACO SALAD (vegetarian)



TUESDAY

New! ROAST BEEF SANDWICH
SUB SANDWICH (WITH LETTUCE & PICKLE)
BEAN & CHEESE BURRITO

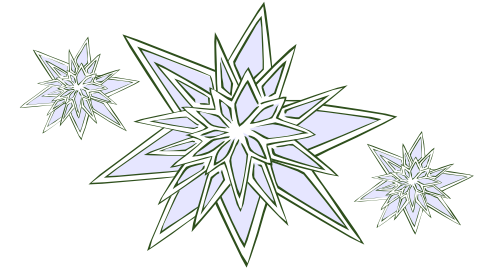


WEDNESDAY CHEESE OR PEPPERONI PIZZA



THURSDAY

New! GENERAL TSO's CHICKEN, VEG, RICE
New! MACARONI & CHEESE
CHICKEN TENDERS & POTATO WEDGES



FRIDAY

New! FISH SANDWICH
SPICY KRISPY CHICKEN SANDWICH
VEGGIE GARDEN BURGER

All meals include vegetable, fruit & milk.

(Menu subject to change without notice)

COLD WEATHER NUTRITION: Exercising in the cold weather can bring some challenges for athletes who participate in winter sports. Ideal foods to consume are complex carbohydrates eaten 2 hours prior to exercise. Soups, chili, bread, bagels, pasta with tomato sauce, baked potatoes, cereals, peanut butter, lean meat, and low-fat cheese are good choices.

It's also important to drink plenty of fluids to keep hydrated and eat frequently to replace carbohydrate stores that are being used for exercise and warming.

If you don't replace this energy you will likely feel more fatigued and chilled. Plan ahead and bring energy bars, chocolate bars, trail mix, bananas, sandwiches or something that you like and will eat.