



**LANIER COUNTY HIGH/  
MIDDLE**

***THIS INSTITUTION IS AN EQUAL OPPOR-***



**Available Daily**

- A VARIETY OF FRUITS AND VEGGIES
- DELI COMBO
- CEREAL AVAILABLE AS A CHOICE AT BREAKFAST
- LOW FAT, SKIM AND

**Featured Specials**

Wednesday, February 1  
Hotline—NACHO CHILI CHEESE  
Sandwich Line—QUESADILLA

Thursday, February 2  
Hotline—CHICKEN BREAST FILET  
Sandwich Line—CHEESEBURGER

Friday, February 3  
Hotline—STEAK NUGGET/BAKED POTATO  
Sandwich Line—HOT HAM AND CHEESE

Monday, February 6  
Hotline—BRUNSWICK STEW  
Sandwich Line—BARBEQUE SANDWICH

Tuesday, February 7  
Hotline—CHICKEN AND RICE  
Sandwich Line—CHICK FILET SANDWICH

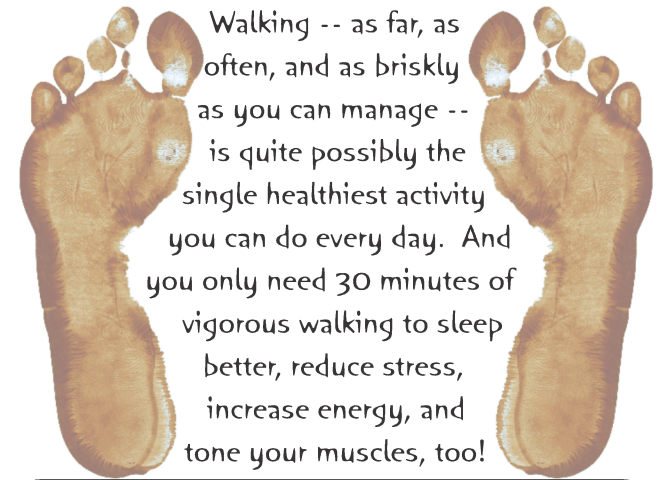
Wednesday, February 8  
Hotline—CHICKEN TENDER WRAP  
Sandwich Line—CHICKEN TENDER WRAP

Thursday, February 9  
Hotline—LASAGNA  
Sandwich Line—SPICY CHICKEN SANDWICK

Friday, February 10  
Hotline—BAKED CHICKEN  
Sandwich Line—PIZZA

**49 BY THE NUMBERS**  
IN 1900, AMERICANS' AVERAGE LIFE EXPECTANCY WAS 49 YEARS. BY 2007, THE AVERAGE HAD GONE UP TO 78.

**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!**

**Featured Specials**

Monday, February 13  
Hotline—BUFFALO TENDERS  
Sandwich Line—CHICKEN TENDER WRAP

Tuesday, February 14  
Hotline—VEGETABLE SOUP  
Sandwich Line—GRILL CHICKEN SANDWICH

Wednesday, February 15  
Hotline—NACHO CHILI CHEESE  
Sandwich Line—QUESADILLA

Thursday, February 16  
Hotline—CHICKEN BREAST FILLET/BAKED POTATO  
Sandwich Line—CHEESEBURGER

Friday, February 17