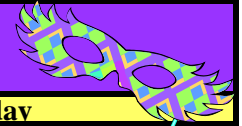




February 2012

www.schoolcafe.org



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Whole fresh fruit offered daily with lunch.</p> <p>* Denotes menu items that are prepared in the cafeteria. Many of these items are made from scratch using our own Archdiocese School Food Service recipes.</p> <p>Choice of milk is offered daily.</p> <p>Sandwiches are served with 3 fruit/vegetable servings and milk.</p>				
		<p>Italian Meatsauce* Wheat Spaghetti Season Peas Chilled Pears Italian Bread*</p>	<p>Baked Crispy Chicken Smackers Mashed Potatoes w Gravy Crisp Garden Salad Wheat Roll* Rice Krispie Treat*</p>	<p>Shrimp Etouffe* Fluffy Rice* Seasoned Green Beans* Chilled Pineapple w Cherries Garlic Wheat Roll* Jell-O</p>
		Turkey Sandwich on Wheat	Hamburger w/wo Cheese on Bun	Baked Crispy Chicken Sliders
<p>Red/White Beans & Sausage* Fluffy Rice Buttered Carrots* Chilled Peaches Cornbread*</p>	<p>Crispy Pork Taco/Gordita Shredded American Cheese Shredded Lettuce and Tomato Apple Sauce King Cake*</p>	<p>Wheat Spaghetti & Meatballs Italian Red Gravy* Crisp Italian Salad Chilled Tropical Fruit Garlic Wheat Roll*</p>	<p>Roasted Chicken* Potatoes in Cheese Sauce* Crisp Green Salad French Bread* Iced Chocolate Brownie*</p>	<p>Shrimp Archie* Cream Sauce* w Rotini Seasoned Peas* Chilled Mixed Fruit Wheat Roll* Chocolate Chip Cookie*</p>
Baked Crispy Chicken Sandwich	Roast Beef Sandwich on Wheat	Hotdog w/wo Chili* on Wheat bun	Meatball Pistolette w Red Gravy	BBQ Pulled Pork on Wheat Bun
<p>Baked Crispy Chicken Strips Cheesy Mashed Potatoes* Chilled Pears Sesame Wheat Roll* Pudding</p>	<p>Valentine's Day  Beef Taco Shredded American Cheese Shredded Lettuce and Tomato Golden Corn Chilled Strawberry Honey Bun*</p>	<p>Italian Meatsauce* Wheat Spaghetti Popeye Salad Seasoned Green Beans* Garlic Wheat Roll*</p>	<p>Mardi Gras Fling Chicken & Sausage Gumbo* Fluffy Rice Potato Salad* Chilled Peaches King Cake*</p> 	<p>Baked, Crispy Fish Strips Crinkle Fries Pineapple w Cherries Southern Butter Wheat Roll* Oatmeal Cookie*</p>
Pizza	Baked Crispy Chicken Smackers	Ham Sandwich on Wheat	Pistolette w Red Gravy	BBQ Rib Patty Sandwich
<p>President's Day  No School</p>	<p>Mardi Gras  No School</p>	<p>Ash Wednesday  No School</p>	No School	No School
<p>Grilled Chicken Strips Tossed in Asain Sauce Fried Brown Rice* Seasoned Cauliflower* Chilled Mandarin Oranges Sesame Wheat Roll*</p>	<p>Crispy Pork Taco Shredded American Cheese Shredded Lettuce and Tomato Golden Corn Chilled Pears Honey Bun*</p>	<p>Leap Day! Wheat Spaghetti & Meatballs Italian Red Gravy* Italian Green Beans Chilled Peaches Italian Bread* Rice Krispie Treat*</p>	<p>School lunches must meet recommendations of the Dietary Guideline for Americans. No more than 30% of calories from fat and less than 10% from saturated fat averaged weekly. Lunches contain 1/3 of the RDI of Calories, Protein, Vitamin A, Vitamin C, Iron, and Calcium.</p>	
Hamburger w/wo Cheese on Bun	Baked Crispy Chicken Strips	Turkey Sandwich on Wheat		

