

January 2012

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>No School</p> <p>A HAPPY NEW YEAR</p>	<p>3</p> <p>Crispy Pork Taco Shredded American Cheese Shredded Lettuce and Tomato Golden Corn* Chilled Mixed Fruit Cinnamon Stick*</p> <p>Baked Crispy Chicken Strips</p>	<p>4</p> <p>Italian Meatsauce* Wheat Spaghetti Popeye Salad Seasoned Green Beans* Garlic Wheat Roll*</p> <p>Ham Sandwich on Wheat Bread</p>	<p>5</p> <p>Chicken & Sausage Gumbo* Fluffy Rice Garden Salad Chilled Pears French Bread* Oatmeal Cookie*</p> <p>Grilled Cheese Sandwich*</p>	<p>6</p> <p>Baked, Crispy Fish Strips Crinkle Fries Pineapple w Cherries Southern Butter Wheat Roll* Jell-O</p> <p>Hamburger on Wheat Bun</p>
<p>9</p> <p>Red/White Beans with Sausage* Fluffy Rice Steamed Vegetable Blend Chilled Mixed Fruit Cornbread*</p> <p>Beef Sliders</p>	<p>10</p> <p>Beef Taco* Shredded American Cheese Shredded Lettuce and Tomato Golden Corn* Chilled Pineapple Cinnamon Roll*</p> <p>Baked, Crispy Fish Sandwich</p>	<p>11</p> <p>Chicken Alfredo* Cream Sauce* with Rotini Caesar Salad* Chilled Applesauce Italian Bread*</p> <p>Turkey Sandwich on Wheat</p>	<p>12</p> <p>Roasted Chicken Potatoes in Cheese Sauce* Tossed Salad Garlic Wheat Roll* Iced Fudge Brownie*</p> <p>BBQ Rib Patty Sandwich</p>	<p>13</p> <p>Shrimp Etouffe* Fluffy Rice Seasoned Spinach* Chilled Strawberries Garlic Wheat Roll*</p> <p>Baked, Crispy Chicken Smackers</p>
<p>16</p> <p>Martin Luther King, Jr. Day</p> <p>No School</p>	<p>17</p> <p>Crispy Pork Taco Shredded American Cheese Shredded Lettuce and Tomato Golden Corn* Chilled Applesauce Honey Bun*</p> <p>Hamburger on Wheat Bun</p>	<p>18</p> <p>Wheat Spaghetti & Meatballs Italian Red Gravy* Crisp Italian Salad* Chilled Tropical Fruit Italian Bread*</p> <p>Ham Sandwich on Wheat Bread</p>	<p>19</p> <p>Shrimp Archie* Cream Sauce* w Rotini Caesar Salad* Chilled Mixed Fruit Wheat Roll* Rice Krispie Treat*</p> <p>Pizza</p>	<p>20</p> <p>Baked, Crispy Chicken Strips Baked Crinkle Fries Seasoned Peas Sesame Wheat Roll Chocolate Chip Cookie*</p> <p>Italian Sausage on Pistolette w w Italian Red Gravy and Mozzarella</p>
<p>23</p> <p>Baked, Crispy Chicken Smackers w/ Sweet & Sour Sauce Fried Brown Rice* Stirfry Veggies Mandarin Oranges Sesame Wheat Roll* Jell-O</p> <p>Beef Sliders</p>	<p>24</p> <p>Soft Chicken Taco* Shredded American Cheese Shredded Lettuce and Tomato Carrot/Celery Sticks Chilled Tropical Fruit Cinnamon Stick*</p> <p>Hotdog w/wo Chili* on Wheat Bun</p>	<p>25</p> <p>Pizza Popeye Salad Golden Corn* Sugar Cookie*</p> <p>Baked Chicken Strips with Wheat Roll</p>	<p>26</p> <p>BBQ Chicken Brown Rice-a-Roni* Fresh Broccoli/Cauliflower Florets Chilled Mixed Fruit Sesame Wheat Roll* Pudding</p> <p>Grilled Cheese</p>	<p>27</p> <p>Turkey & Sausage Gumbo* Fluffy Rice Garden Salad Chilled Pears French Bread*</p> <p>Baked, Crispy Fish Sandwich</p>
<p>30</p> <p>Red/White Beans & Sausage* Fluffy Rice Steamed Broccoli Chilled Applesauce French Bread*</p> <p>Grilled Chicken on Wheat Bun</p>	<p>31</p> <p>Pizza Golden Corn* Chilled Strawberries Cinnamon Roll*</p> <p>Baked, Crispy Fish Strips w Roll</p>	<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>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>		