






# February 2012 Elementary



www.schoolcafe.org

Breakfast served in participating schools. For more information, please contact your principal.

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>Breakfast also offers cereal. Breakfast served in participating schools. For more information, please contact your principal.</p>				
6	7	8	9	10
<p>Red/White Beans &amp; Sausage*</p> <p>Fluffy Rice</p> <p>Buttered Carrots*</p> <p>Chilled Peaches</p> <p>Cornbread* OR Corn Roll*</p>	<p>Crispy Pork Taco/Gordita</p> <p>Shredded American Cheese</p> <p>Shredded Lettuce and Tomato</p> <p>Apple Sauce</p> <p>King Cake*</p>	<p><b>Pear Nutrition Day</b></p> <p>Wheat Spaghetti &amp; Meatballs</p> <p>Italian Red Gravy*</p> <p>Crisp Italian Salad</p> <p>Chilled Tropical Fruit</p> <p>Garlic Wheat Roll*</p> 	<p>Roasted Chicken*</p> <p>Potatoes in Cheese Sauce*</p> <p>Crisp Green Salad</p> <p>French Bread*</p> <p>Iced Chocolate Brownie*</p>	<p>Shrimp Archie*</p> <p>Cream Sauce* w Rotini</p> <p>Seasoned Peas*</p> <p>Chilled Mixed Fruit</p> <p>Wheat Roll*</p> <p>Chocolate Chip Cookie*</p>
13	14	15	16	17
<p>Baked Crispy Chicken Strips</p> <p>Cheesy Mashed Potatoes*</p> <p>Chilled Pears</p> <p>Sesame Wheat Roll*</p> <p>Pudding</p>	<p><b>Valentine's Day</b></p> <p>Beef Taco</p> <p>Shredded American Cheese</p> <p>Shredded Lettuce and Tomato</p> <p>Golden Corn</p> <p>Chilled Strawberry</p> <p>Honey Bun*</p> 	<p>Italian Meatsauce*</p> <p>Wheat Spaghetti</p> <p>Popeye Salad</p> <p>Seasoned Green Beans*</p> <p>Garlic Wheat Roll*</p>	<p><b>Mardi Gras Fling</b></p> <p>Chicken &amp; Sausage Gumbo*</p> <p>Fluffy Rice</p> <p>Potato Salad*</p> <p>Chilled Peaches</p> <p>King Cake*</p> 	<p>Baked, Crispy Fish Strips</p> <p>Crinkle Fries</p> <p>Pineapple w Cherries</p> <p>Southern Butter Wheat Roll*</p> <p>Oatmeal Cookie*</p>
20	21	22	23	24
<p><b>President's Day</b></p> 	<p><b>Mardi Gras</b></p> 	<p><b>Ash Wednesday</b></p>	<p>BBQ Chicken*</p> <p>Dirty Rice*</p> <p>Golden Corn</p> <p>Chilled Applesauce</p> <p>Garlic Wheat Roll*</p>	<p>Shrimp Gumbo*</p> <p>Fluffy Rice</p> <p>Potato Salad*</p> <p>Chilled Tropical Fruit</p> <p>Cheese French Bread*</p> <p>Jell-O</p>
27	28	29	<p>School lunches must meet recommendations of the Dietary Guideline for Americans.</p> <p>No more than 30% of calories from fat and less than 10% from saturated fat averaged weekly.</p> <p>Lunches contain 1/3 of the RDI of Calories, Protein, Vitamin A, Vitamin C, Iron, and Calcium.</p>	
<p>Grilled Chicken Strips</p> <p>Tossed in Asain Sauce</p> <p>Fried Brown Rice*</p> <p>Seasoned Cauliflower*</p> <p>Chilled Mandarin Oranges</p> <p>Sesame Wheat Roll*</p>	<p>PIZZA</p> <p>Shredded American Cheese</p> <p>Shredded Lettuce and Tomato</p> <p>Golden Corn</p> <p>Chilled Pears</p> <p>Honey Bun*</p>	<p><b>Leap Day!</b></p> <p>Wheat Spaghetti &amp; Meatballs</p> <p>Italian Red Gravy*</p> <p>Italian Green Beans</p> <p>Chilled Peaches</p> <p>Italian Bread*</p> <p>Rice Krispie Treat*</p>		

Join us in the cafeteria February 16th for our Mardi Gras Fling! Enjoy delicious, made-from-scratch gumbo and king cake!



February 8th is Pear Nutrition Day! Stop by the nutrition day table for a delicious sample and fun activities!



Don't forget Valentine's Day is February 14th!



St. Agnes School