









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>				
			1	2
		<p>Italian Meatsauce*</p> <p>Wheat Spaghetti</p> <p>Season Peas</p> <p>Chilled Pears</p> <p>Italian Bread*</p>	<p>Baked Crispy Chicken Smackers</p> <p>Mashed Potatoes w Gravy</p> <p>Crisp Garden Salad</p> <p>Wheat Roll*</p> <p>Rice Krispie Treat*</p>	<p>Chicken Strips</p> <p>Potatoes Rounds</p> <p>Green Beans</p> <p>Chilled Pineapple w Cherries</p> <p>Garlic Wheat Roll*</p>
			<p>3rg grade and up Potato Bar</p>	
6	7	8	9	10
<p>Red Beans & Sausage*</p> <p>Fluffy Rice</p> <p>Buttered Carrots*</p> <p>Chilled Peaches</p> <p>Cornbread*</p>	<p>Crispy Pork Taco</p> <p>Shredded American Cheese</p> <p>Shredded Lettuce and Tomato</p> <p>Apple Sauce</p> <p>King Cake*</p>	<p>Pear Nutrition Day</p> <p>Wheat Spaghetti & 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>
	<p>3rg grade and up Hot dog on wheat bun</p>		<p>3rg grade and up Potato Bar</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>Valentine's Day</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>Mardi Gras Fling</p> <p>Chicken & 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>
	<p>3rg grade and up Taco Salad</p>		<p>3rg grade and up Potato Bar</p>	
20	21	22	23	24
<p>President's Day</p> 	<p>Mardi Gras</p> 	<p>Ash Wednesday</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>Golden Corn</p> <p>Crisp Italian Salad</p> <p>Honey Bun*</p>	<p>Leap Day!</p> <p>Wheat Spaghetti & 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>		
	<p>3rg grade and up Corn dog</p>			

February 16th is our Mardi Gras Fling! We will have gumbo and king cake made from scratch



February 8th is Pear Nutrition Day!



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



School Name _____