




# February 2012 Elementary

www.schoolcafe.org



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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Whole fresh fruit offered daily with lunch.</b></p> <p><b>* 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.</b></p> <p><b>Choice of milk is offered daily.</b></p> <p><b>Sandwiches are served with 3 fruit/vegetable servings and milk.</b></p> <p><b>Breakfast also offers cereal. Breakfast served in participating schools. For more information, please contact your principal.</b></p>		<p>Sausage Patty Biscuit Sandwich Fresh Fruit</p> <p>Italian Meatsauce* Wheat Spaghetti Season Peas Chilled Peas Italian Bread*</p>	<p>Scrambled Eggs*, Toast w Jelly, Chilled Tropical Fruit (Cheese Grits*- optional w/ breakfast) Baked Crispy Chicken Smackers Mashed Potatoes w Gravy Crisp Garden Salad Wheat Roll* Rice Krispie Treat*</p>	<p>Beignets*, Chilled Peas (Grits*OROatmeal*-optional w bkfst)</p> <p>Shrimp Etouffe* OR Shrimp Stew* Fluffy Rice* Seasoned Green Beans* Chilled Pineapple w Cherries Garlic Wheat Roll* Jell-O</p>
<p>Pancake OR Waffle, Sausage Links Chilled Applesauce</p> <p>Red/White Beans &amp; Sausage* Fluffy Rice Buttered Carrots* Chilled Peaches Cornbread* OR Corn Roll*</p> <p>Baked Crispy Chicken Sandwich On Wheat Bun</p>	<p>Cinnamon Toast*&amp; Buttered Grits*, Fresh Fruit</p> <p>Crispy Pork Taco/Gordita Mexican Brown Rice* (optional) Shredded American Cheese Shredded Lettuce and Tomato Apple Sauce King Cake*</p>	<p>Chicken Biscuit Sandwich Crispy Potato Rounds</p> <p><b>Pear Nutrition Day</b></p> <p>Wheat Spaghetti &amp; Meatballs Italian Red Gravy* Crisp Italian Salad Chilled Tropical Fruit Garlic Wheat Roll*</p> <p>Hotdog w/wo Chili* on Wheat bun OR Corndog</p>	<p>Breakfast Pizza ,Cheese Grits*, Chilled Mixed Fruit</p> <p>Roasted Chicken* Potatoes in Cheese Sauce* Crisp Green Salad French Bread* Iced Chocolate Brownie*</p> <p>Meatball Pistolette w Red Gravy &amp; Mozz. OR Grilled Ham &amp; Cheese</p>	<p>Dutch Waffle, Chilled Peaches (Grits*OROatmeal*-optional w bkfst)</p> <p>Shrimp Archie* Cream Sauce* w Rotini Seasoned Peas* Chilled Mixed Fruit Wheat Roll* Chocolate Chip Cookie*</p> <p>BBQ Pulled Pork on Wheat Bun</p>
<p>French Toast Stick, Sausage Links Chilled Tropical Fruit</p> <p>Baked Crispy Chicken Strips Cheesy Mashed Potatoes* Chilled Peas Sesame Wheat Roll* Pudding</p>	<p>Grilled Ham &amp; Cheese Triangle* Crispy Potato Rounds (Buttered Grits*-optional w/breakfast)</p> <p><b>Valentine's Day</b></p> <p>Beef Taco Arroz Integral con Queso* (optional) Shredded American Cheese Shredded Lettuce and Tomato Golden Corn Chilled Strawberry Honey Bun*</p>	<p>Sausage Patty Biscuit Sandwich Fresh Fruit</p> <p>Italian Meatsauce* Wheat Spaghetti Popeye Salad Seasoned Green Beans* Garlic Wheat Roll*</p>	<p>Scrambled Eggs*, Toast w Jelly, Chilled Mandarin Oranges (Cheese Grits*- optional w/ breakfast)</p> <p><b>Mardi Gras Fling</b></p> <p>Chicken &amp; Sausage Gumbo* Fluffy Rice Potato Salad* Chilled Peaches King Cake*</p>	<p>Beignets*, Cinnamon Applesauce (Grits*OROatmeal*-optional w bkfst)</p> <p>Baked, Crispy Fish Strips Crinkle Fries Pineapple w Cherries Southern Butter Wheat Roll* Oatmeal Cookie*</p>
<p>Pizza</p>	<p>Baked Crispy Chicken Smackers</p>	<p>Ham Pobo OR Sandwich on Wheat</p>	<p>Italian Sausage Pistolette w Red Gravy &amp; Mozz. OR Grilled Ham &amp; Cheese</p>	<p>BBQ Rib Patty Sandwich</p>
<p><b>President's Day</b></p> 	<p><b>Mardi Gras</b></p> 	<p>Grilled Cheese Triangle* Crispy Potato Rounds (Buttered Grits*-optional w/breakfast)</p> <p><b>Ash Wednesday</b></p> <p>Breaded or Grilled Fish Fillet Roasted Potatoes* Chilled Mixed Fruit Wheat Roll* Pudding</p>	<p>Breakfast Pizza ,Cheese Grits*, Fresh Fruit</p> <p>BBQ Chicken* Dirty Rice* Golden Corn Chilled Applesauce Garlic Wheat Roll*</p>	<p>Dutch Waffle, Chilled Peaches (Grits*OROatmeal*-optional w bkfst)</p> <p>Shrimp Gumbo* Fluffy Rice Potato Salad* Chilled Tropical Fruit Cheese French Bread* Jell-O</p>
<p>Pancake OR Waffle, Sausage Links Chilled Tropical Fruit</p> <p>Grilled Chicken Strips Tossed in Asain Sauce Fried Brown Rice* Seasoned Cauliflower* Chilled Mandarin Oranges Sesame Wheat Roll*</p>	<p>Grilled Ham &amp; Cheese Triangle* Crispy Potato Rounds (Buttered Grits*-optional w/breakfast)</p> <p>Pizza OR Crispy Pork Taco Arroz Integral con Queso* (optional) Shredded American Cheese Shredded Lettuce and Tomato Golden Corn Chilled Peas Honey Bun*</p>	<p>Sausage Patty Biscuit Sandwich Chilled Peaches</p> <p><b>Leap Day!</b></p> <p>Wheat Spaghetti &amp; Meatballs Italian Red Gravy* Italian Green Beans Chilled Peaches Italian Bread* Rice Krispie Treat*</p>	<p><b>School lunches must meet recommendations of the Dietary Guideline for Americans.</b></p> <p><b>No more than 30% of calories from fat and less than 10% from saturated fat averaged weekly.</b></p> <p><b>Lunches contain 1/3 of the RDI of Calories, Protein, Vitamin A, Vitamin C, Iron, and Calcium.</b></p>	
<p>Hamburger w/wo Cheese on Wheat Bun</p>	<p>Baked Crispy Chicken Strips</p>	<p>Turkey Pobo OR Sandwich on Wheat</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!



School Name \_\_\_\_\_