

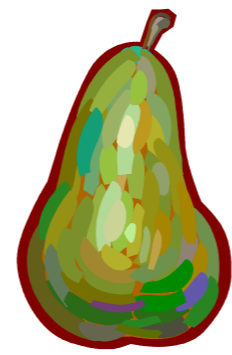
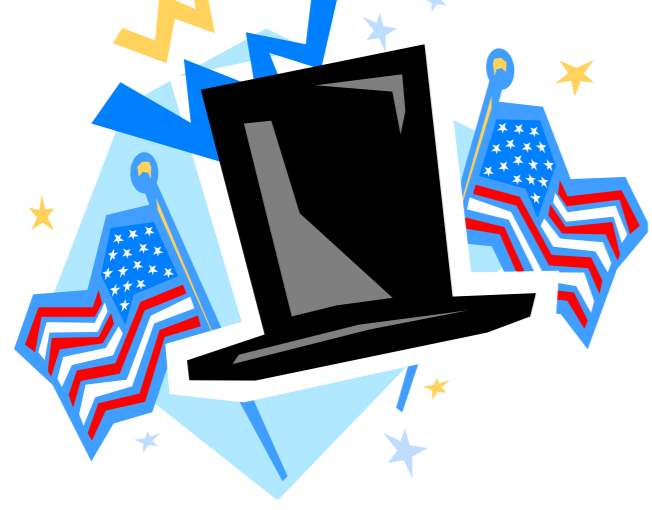



February 2012 Elementary

www.schoolcafe.org



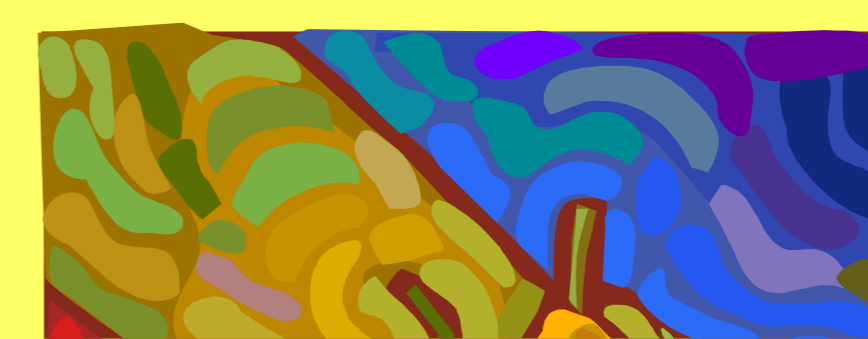
Breakfast served in participating schools. For more information, please contact your principal.

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	3
		Sausage Biscuit or Dutch Waffle Apple	Scrambled Eggs, Cheese Grits, Toast or Sausage Biscuit, Chilled Tropical Fruit	Beignets or Dutch Waffle Buttered Grits, Chilled Pears
		Italian Meatsauce* Wheat Spaghetti Season Peas Chilled Pears Italian Bread*	Baked Crispy Chicken Smackers Mashed Potatoes w Gravy Chilled Pineapple Wheat Roll* Chocolate Chip Cookie	Pk-K---Turkey w Rice & Gravy 1st-8th---Shrimp Etouffe w/Rice Seasoned Green Beans* Crisp Garden Salad Garlic Wheat Roll* Rice Krispie Treat
		Hamburger on Bun---Pizza---Chicken	Turkey PoBoy---Pizza	Two-Fers on Bun---Pizza---Chicken
6	7	8	9	10
Pancake w Sausage or Sausage Biscuit Chilled Applesauce	Cinnamon Toast or Sausage Biscuit Buttered Grits, Orange	Chicken Biscuit or Dutch Waffle Crispy Potato Rounds Pear Nutrition Day	Breakfast Pizza or Sausage Biscuit Cheese Grits, Chilled Mixed Fruit	Beignets or Dutch Waffle Buttered Grits, Chilled Peaches
Red Beans & Sausage Fluffy Rice Buttered Carrots* Chilled Peaches Corn Roll	Crispy Pork Taco/Gordita Shredded American Cheese Shredded Lettuce and Tomato Chilled Apple Sauce King Cake*	Wheat Spaghetti & Meatballs Italian Red Gravy* Crisp Italian Salad Chilled Tropical Fruit Garlic Wheat Roll* 	Pk-K---Popcorn Chicken 1st-8th---Roasted Chicken Potatoes in Cheese Sauce* Crisp Green Salad French Bread* Iced Chocolate Brownie*	Pk-K---Grilled Cheese Sandwich Shrimp Archie Cream Sauce w Rotini Seasoned Peas* Chilled Mixed Fruit Wheat Roll* Chocolate Chip Cookie*
Chicken on Bun---Pizza---Chicken	Roast Beef PoBoy---Pizza---Chicken	Hot Dog on Bun---Pizza---Chicken	Grilled Ham & Cheese---Pizza---Chicken	BBQ Pork on Bun---Pizza---Chicken
13	14	15	16	17
French Toast Stick w Sausage or Sausage Biscuit, Chilled Tropical Fruit	Grilled Ham & Cheese Triangle or Sausage Biscuit, Grits, Potato Rounds	Sausage Biscuit or Breakfast Pizza Apple	Scrambled Eggs, Cheese Grits, Toast or Sausage Biscuit, Mandarin Oranges	Beignets or Dutch Waffle Buttered Grits, Chilled Applesauce
Baked Crispy Chicken Strips Cheesy Mashed Potatoes* Chilled Pears Sesame Wheat Roll* Pudding	Valentine's Day Beef Taco Shredded American Cheese Shredded Lettuce and Tomato Golden Corn Chilled Strawberry Honey Bun* 	Italian Meatsauce* Wheat Spaghetti Popeye Salad Seasoned Green Beans* Garlic Wheat Roll*	Mardi Gras Fling Chicken & Sausage Gumbo* Fluffy Rice Potato Salad* Chilled Peaches King Cake* 	Baked, Crispy Fish Strips Crinkle Fries Pineapple w Cherries Southern Butter Wheat Roll* Oatmeal Cookie*
Hamburger on Bun---Pizza	Hot Dog on Bun---Pizza---Chicken	Ham PoBoy---Pizza---Chicken	Italian Sausage PoBoy---Pizza---Chicken	BBQ Rib PoBoy---Pizza---Chicken
20	21	22	23	24
President's Day 	Mardi Gras 	Ash Wednesday School Closed	Breakfast Pizza or Sausage Biscuit Cheese Grits, Orange	Beignets or Dutch Waffle Buttered Grits, Chilled Peaches
			Pk-K--Popcorn Chicken 1st-8th---BBQ Chicken Dirty Rice* Golden Corn Chilled Applesauce Garlic Wheat Roll*	Shrimp Gumbo* Fluffy Rice Potato Salad* Chilled Tropical Fruit Cheese French Bread* Pudding
			Two-Fers on Bun---Pizza---Chicken	Grilled Cheese--- Pizza---Fish Sticks
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>	
Pancake w Sausage or Sausage Biscuit Chilled Tropical Fruit	Grilled Ham & Cheese Triangle or Sausage Biscuit, Grits, Potato Rounds	Sausage Biscuit or Dutch Waffle Chilled Peaches Leap Day!		
Grilled Chicken Strips Tossed in Asain Sauce Fried Brown Rice* Seasoned Cauliflower* Chilled Mandarin Oranges Sesame Wheat Roll*	Pepperoni Pizza Golden Corn Chilled Pears Honey Bun*	Wheat Spaghetti & Meatballs Italian Red Gravy* Italian Green Beans Chilled Peaches Italian Bread* Rice Krispie Treat*		
Hamburger on Bun---Pizza	Chicken on Bun---Chicken Strips	Turkey PoBoy---Pizza---Chicken		

Students join us in the



February 8th is Pear Nutrition Day! Stop by the

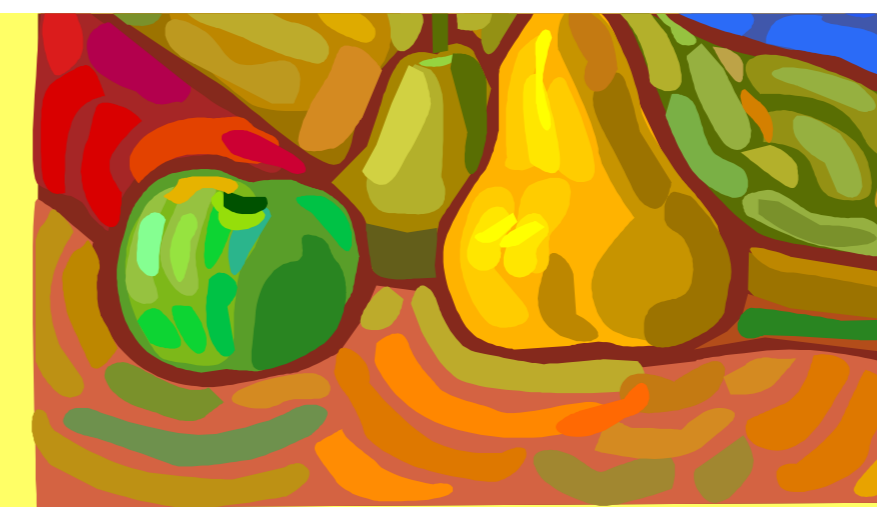


Don't forget Valentine's Day is February 14th!

Students join us in the cafeteria Feb. 16 for our Mardi Gras Fling! Enjoy delicious, made from scratch gumbo and king cake!



Nutrition Day: Stop by the nutrition day table for a delicious sample and fun activities!



ST. CLETUS