



# February 2012 High School

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 or Bagel Fresh Fruit</p> <p>Italian Meatsauce* Wheat Spaghetti Seasoned Green Peas* Chilled Pears Italian Bread*</p>	<p>Scrambled Eggs*, Cheese Grits*, Toast &amp; Jelly, Chilled Tropical Fruit</p> <p>Baked Crispy Chicken Smackers Mashed Potatoes w Gravy Crisp Garden Salad Wheat Roll* Rice Krispie Treat*</p>	<p>Beignets*, Grits* OR Oatmeal* (choice), Chilled Pears</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>Sausage Patty, Buttered Grits*, Toast, Fresh Fruit</p> <p>Crispy Pork Taco/Gordita Mexican Brown Rice* 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>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>Dutch Waffle*, Grits OR Oatmeal (choice), Chilled Peaches</p> <p>Shrimp Archie* Cream Sauce* w Rotini Seasoned Peas* Chilled Mixed Fruit Wheat Roll* Chocolate Chip Cookie*</p>
<p>Baked Crispy Chicken Sandwich On Wheat Bun</p>	<p>Roast Beef Pobooy OR Sandwich on Wheat</p>	<p>Hotdog w/wo Chili* on Wheat bun OR Corn dog</p>	<p>Meatball Pistolette w Red Gravy &amp; Mozz. OR Grilled Ham &amp; Cheese</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 Peaches Sesame Wheat Roll* Pudding</p>	<p>Breakfast Burrito*, Buttered Grits* Crispy Potato Rounds</p> <p><b>Valentine's Day</b></p> <p>Beef Taco Arroz Integral con Queso* Shredded American Cheese Shredded Lettuce and Tomato Golden Corn Chilled Strawberry Honey Bun*</p> 	<p>Sausage Patty, Biscuit OR Bagel Fresh Fruit</p> <p>Italian Meatsauce* Wheat Spaghetti Popeye Salad Seasoned Green Beans* Garlic Wheat Roll*</p>	<p>Scrambled Eggs*, Cheese Grits*, Toast w Jelly, Chilled Mandarin Oranges</p> <p><b>Mardi Gras Fling</b></p> <p>Chicken &amp; Sausage Gumbo* Fluffy Rice Potato Salad* Chilled Peaches King Cake*</p> 	<p>Beignets, Grits* OR Oatmeal* (choice), Cinnamon Applesauce</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 Pobooy 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(1/2ORFull)* Buttered Grits*, Potato Rounds</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, Grits* OR Oatmeal* (choice), Chilled Pears</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>Breakfast Burrito*, Buttered Grits* Crispy Potato Rounds</p> <p>Pizza OR Crispy Pork Taco Arroz Integral con Queso* Shredded American Cheese Shredded Lettuce and Tomato Golden Corn Chilled Pears Honey Bun*</p>	<p>Sausage Patty, Biscuit OR Bagel 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> <b>No more than 30% of calories from fat and less than 10% from saturated fat averaged weekly.</b> <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 Pobooy 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 \_\_\_\_\_