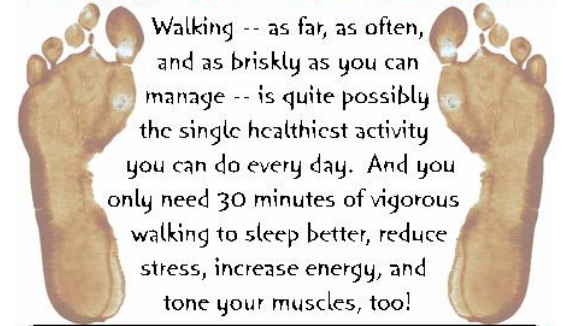


Menus for February 2012

Cathedral Grade School

MAKE SOME TRACKS.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Available Daily

For Lunch, we offer additional entrée choices of:

- Cheese Sandwich
- Chef Salads on Mon, Wed & Fridays
- Chicken Caesar Salads daily



In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue SW, Washington, DC 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

Wednesday, February 1

Lunch
Crunchy Beef Tacos with Lettuce and Cheese
 or
Sub Sandwich
 Carrot Coins
 Cinnamon Applesauce
 Cold Milk

Thursday, February 2

Lunch
Cheeseburger
 or
Fish Sandwich
 Reduced Fat Cheez-Its
 Whole Kernel Corn
 Kiwifruit
 Cold Milk

Friday, February 3

Lunch
Chicken Noodle Soup & Crackers
 or
Country Steak Sandwich
 Baby Carrots
 Mixed Fruit
 Cold Milk

NUTRITION TO GO

Chocolate is "chock-full" of antioxidants and other substances that are good for you. But all chocolate isn't created equal. Dark chocolate -- at least 65% cocoa -- delivers these health benefits efficiently. But the chocolate used for most candy is less than 30% cocoa with lots of added sugar, so you need to eat 2 or 3 times as much chocolate (and a lot more calories!) for the same benefits.

A TASTY MORSEL FOR PARENTS

Monday, February 6

Lunch
Pepperoni Pizza
 or
Chicken Sandwich
 Green Beans
 Chilled Peaches
 Cold Milk

Tuesday, February 7

Lunch
French Toast Sticks with Sausage
 or
Mega Turkey Wrap
 Tator Tots
 Orange Smiles
 Cold Milk

Wednesday, February 8

Lunch
Corn Dog
 or
Hot Ham and Cheese Sandwich
 Whole Kernel Corn
 Pineapple Tidbits
 Vanilla Pudding
 Cold Milk

Thursday, February 9

Lunch
Chicken Strips with Bread Slice
 or
BBQ Pork Sandwich
 Heartzels Pretzels
 Baked Beans
 Chilled Pears
 Cold Milk

Friday, February 10

Valentine's Lunch
Spaghetti with Meat Sauce and French Bread
 or
Grilled Chicken Sandwich
 Carrot Coins
 Applesauce
 Valentine's Cake
 Cold Milk

Monday, February 13

Lunch
Double Stuffed
Cheese Pizza
or
Meatball Sandwich
Green Beans
Chilled Pineapple
Cold Milk

Tuesday, February 14

Lunch
Cheese Quesadilla
or
Sloppy Joe Sandwich
Whole Kernel Corn
Chilled Peas
Cold Milk

Wed., February 15

Lunch
Soft Beef Tacos with
Lettuce and Cheese or
Deli Turkey and Cheese
Sandwich
Refried Beans
Chilled Peaches
Cinnamon Apple Churras
Cold Milk

Thursday, February 16

Lunch
Cheeseburger on Bun
or
Hot Ham and Cheese
Sandwich
Green Peas
Apple Half
Cold Milk

Friday, February 17

Lunch
Roast Turkey and Gravy
with Bread Slice
or
Hot Dog
Mashed Potatoes & Gravy
Mixed Fruit
Vanilla Wafers
Cold Milk

HAPPY
VALENTINE'S
DAY!



FEBRUARY 14

Monday, February 20

Presidents' Day



No School Today

Tuesday, February 21

Lunch
Chicken Nuggets
with Bread Slice
or
BBQ Ribette Sandwich
Baked Beans
Cinnamon Applesauce
Cold Milk

Wed., February 22

Lunch
The "Max" Mozzarella Sticks
With Dipping Sauce
or
Fish Sandwich
Mixed Vegetables
Pineapple Tidbits
Frozen Fruit Juice Bar
Cold Milk

Thursday, February 23

Lunch
Burrito with Chili
or
Baked Potato with Cheese
Carrot Coins
Orange Smiles
Cold Milk

Friday, February 24

Lunch
Fettuccine Alfredo with
Breadstick
or
Shrimp Poppers
with Bread Slice
Green Beans
Fruit Crisp
Cold Milk

365.2422

That's how many days it takes
the earth to orbit the sun ...
and that's why we have
leap year. We add a
day to the month of
February every four
years to make up for
the .2422 days that just
won't fit in our regular year!



LEAP YEAR 2012

Monday, February 27

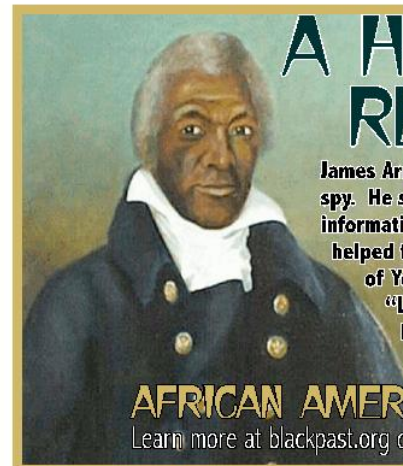
Lunch
Pepperoni Pizza
or
Hot Ham & Cheese Sandwich
Whole Kernel Corn
Cinnamon Applesauce
Cold Milk

Tuesday, February 28

Lunch
Cheeseburger
or
BBQ Ribette Sandwich
Potato Wedges
Chilled Peaches
Go-Gurt Yogurt
Cold Milk

Wed., February 29

Lunch
Chili with Crackers
or
Mega Turkey Wrap
Baby Carrots
Pineapple Tidbits
Cold Milk



A HERO OF THE REVOLUTION

James Armistead was a Revolutionary War patriot and spy. He slipped behind enemy lines and obtained information about British troops in Virginia that helped the American side win the war at the Battle of Yorktown. He later added the last name "Lafayette" as a tribute to French General Lafayette who fought with George Washington and the Americans during the war.

AFRICAN AMERICAN HISTORY MONTH

Learn more at blackpast.org or do a search for James Armistead Lafayette