

# St. Vincent's Cathedral School

## February 2010

DUE DATE: 1/27/10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 1 meatballs/gravy * 2 cheese pizza (v) 3 tuna salad 'wich >> sides >> >steamed california veggies >chilled pasta/bean salad >chilled tropical fruit mix * meatballs w/buttered pasta	<b>2</b> 1 chicken nuggets 2 bbq chopped beef * 3 baked potato/fixins (v) >> sides >> >whole grain mac & cheese >steamed green peas >fresh melon wedge * bbq beef on burger bun	<b>3</b> 1 cheese quesadilla * (v) 2 cheeseburger/fixins 3 turkey/swiss sub >> sides >> >oven crinkle fries >steamed broccoli cuts >choice of fresh fruit * quesadilla w/pico de gallo	<b>4</b> 1 beef ziti lasagna * 2 mex veggie pizza (v) 3 roast beef/chz 'wich >> sides >> >steamed green beans >chilled sliced apples >salad w/spinach * lasagna w/french bread	<b>5</b> 1 chicken enchiladas * 2 soft beef tacos 3 bean/chz nachos (v) >> sides >> >fresh taco salad/taco sauce >refried beans >Spanish rice >cinnamon oat cookie * with queso topping
<b>8</b> 1 italian chicken * 2 cheeseburger pizza 3 baked potato/fixins (v) >> sides >> >steamed broccoli >chilled fruit cocktail >salad w/romaine lettuce * chicken served over pasta	<b>9</b> 1 steak fingers 2 grilled chicken * 3 fruit bowl/yogurt (v) >> sides >> >mashed potatoes >steamed green beans >choice of fresh fruit * chicken on burger bun	<b>10</b> 1 pancakes/sausage * 2 hamburger/fixins 3 bean/cheese burrito (v) >> sides >> >baked potato puffs >fresh veggie sticks/ranch >chilled fruit in natural juice * served with turkey sausage	<b>11</b> 1 grilled chicken pasta * 2 cheese pizza (v) 3 ham-cheddar sub >> sides >> >peas & carrots >salad w/spinach >animal crackers * pasta with wheat roll	<b>12</b> 1 breaded fish sticks 2 corny dog (turkey) 3 grilled cheese (v) >> sides >> >black-eyed peas >nacho spinach w/cheese >sweet potato cake * have a nice weekend!
<b>15</b> President's Day	<b>16</b> 1 chicken nuggets 2 grilled steak wrap * 3 fruit bowl/yogurt (v) >> sides >> >mashed potatoes >steamed cut corn >choice of fresh fruit * on whole wheat tortilla	<b>17</b> 1 maple roast chicken 2 cheeseburger/fixins 3 grilled cheese (v) >> sides >> >hashbrown potatoes >chilled fruit cocktail >carmel banana cake * chicken with wheat roll	<b>18</b> 1 marinara meatballs * 2 sausage pizza 3 baked potato/fixins (v) >> sides >> >steamed green beans >salad w/spinach >chocolate chip cookie * meatballs with bread stick	<b>19</b> 1 chicken fajitas 2 big beef burrito 3 soft cheese taco * (v) >> sides >> >fresh taco salad/taco sauce >tex-mex black beans >chilled pineapple 'bits >cinnamon pastry puff * enchilada-like w/cheddar/queso
<b>22</b> 1 corny dog (turkey) 2 mex-veggie pizza * (v) 3 ham-cheddar sub >> sides >> >cowboy white beans >chilled diced pears >whole grain trail mix * cheddar, tomato & more	<b>23</b> 1 chicken strips 2 beef sloppy joe * 3 baked potato/fixins (v) >> sides >> >whole grain mac & cheese >steamed broccoli >salad w/romaine lettuce >apple oat cake * sloppy joe with burger bun	<b>24</b> 1 bbq baked chicken * 2 hamburger/fixins 3 fruit bowl/yogurt (v) >> sides >> >oven french fries >steamed mixed veggies >fruit & gelatin * chicken with wheat roll	<b>25</b> 1 beef penne pasta * 2 cheese pizza (v) 3 turkey/swiss 'wich >> sides >> >yellow wax beans >chilled diced peaches >salad w/spinach * pasta with french bread	<b>26</b> 1 beef/cheese 'dilla 2 chicken 'wich * 3 bean/chz nachos (v) >> sides >> >fresh taco salad/taco sauce >tomato cheese rice >steamed green beans >fresh melon wedge * chicken on burger bun



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**MENU NOTES:**

- \* a non-meat entree is offered every day, denoted with a (v).
- \* "BAKED, never fried": we promote a low fat, low sugar and appropriate caloric menu.
- \* we use whole wheat breads, lean meats and chicken breast, and low fat cheeses.
- \* fresh fruit available daily - desserts are made with whole grains and are relatively low in sugar.

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all food produced in a TDH inspected kitchen



