



February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Gr K-5 2.35 x 19 = \$44.65 Gr 6-8 2.50 x 19 = \$47.50 Gr 9-12 2.65 x 19 = \$50.35 Lunch payments are due February 4 th	Proper nutrition is a key component to living a full and healthy life. Fruits, vegetables, and nuts give our bodies nutrients that keep your body healthy. Foods that cause your body harm include deep fried foods, foods made with lots of sugar, and highly processed foods, such as many store-bought baked goods and salty snacks. Studies have shown such foods may slow a person's ability to think.			1 Cheese Pizza or Egg Salad Sandwich Corn Pineapple Tidbits
4 Hot Dog, Kraut Dog or McRib on a Bun or Turkey Sandwich Sauerkraut Carrot Coins Pineapple Chunks	5 Meatballs in Gravy or Ham Sandwich Mashed Potatoes Broccoli & Cheese Dinner Bun Pear Slices	6 Hamburger on a Bun or Ham Sandwich Cheese, Tomatoes, Pickles Baked Beans Mandarin Oranges	7 Taco in a Bag or Turkey Sandwich Lettuce, Cheese, Salsa, Sour Cream, Refried Beans Corn Peach Slices	8 K-5 Pizza Crunchers 6-12 Lasagna Cheese Rollups Green Beans Coleslaw Applesauce
11 Breaded Chicken Patty or Turkey Sandwich French Fries Green Beans Pineapple Chunks	12 Nacho Chips & Meat Sauce or Ham Sandwich Corn Baked Apples Donuts	13 Lasagna Hotdish or Ham Sandwich Steamed Broccoli Dinner Bun Coleslaw Mandarin Oranges	14 Ham or Turkey Subs Tomatoes, Cheese, Pickles, Lettuce, Cucumbers Baked Chips Baked Beans Peach Slices	15 Scrambled Eggs Hash Brown Patty Egg Salad Sandwich Green Beans Mozzarella Stick Applesauce
No School 	18 19 Chicken Wraps or Ham Sandwich Lettuce, Cheese Rice, Green Beans Pear Slices, Bananas	20 Hot Pork Commercial or Ham Sandwich Mashed Potatoes & Gravy Carrot Coins Mandarin Oranges	21 Italian Dunkers & Meat Sauce or Turkey Sandwich Corn Peach Slices Rice Krispie Bar	22 Tomato Soup Grilled Cheese or Cheese Whiz Sandwich Crackers, Corn Applesauce
25 Breaded Chicken Nuggets Mashed Potatoes & Gravy Carrot Coins Dinner Bun, Coleslaw Pineapple Chunks	26 Chicken Alfredo or Marinara Sauce and Noodles Corn Garlic Breadstick Pear Slices	27 Tangerine Chicken or Turkey Sandwich Rice Steamed Broccoli & Cheese Mandarin Oranges	28 BBQ on a Bun or Ham Sandwich Tater Tots Corn Peach Slices	March 1 Cheese Pizza or Egg Salad Sandwich Corn Applesauce

Vegetable & fruit bar available daily
 Menu subject to change

*Lactose reduced milk or orange juice provided upon written request.

This institution is an equal opportunity provider.

St. Mary's School