



February Cathedral High School Lunch Menu

Delivering health one meal at a time!

Monday	Tuesday	Wednesday	Thursday	Friday
			Chicken Parm Sandwich, Whole Grain Bun, Broccoli, Fruit, 100% Fruit Juice, Fluid Milk Cold: Turkey & Cheese Sandwich on Wheat Bun, Corn & Pepper Salad	Whole Grain Pepperoni Pizza, Tater Tots, Fruit, Apple Chips, Fluid Milk Cold: Tuna Salad w/ WG Pita, 3 Bean Salad
			1	2
Popcorn Chicken, Whole Grain Brown Rice, Sweet Potato Wedges, Fruit, Applesauce, Fluid Milk Cold: Uncrustable Sandwich, Carrots	Beef Taco Bowl, Whole Grain Brown Rice, Black Beans & Corn, Fruit, Craisins, Fluid Milk Cold: Turkey & Cheese Sandwich on Wheat Bun, Broccoli	Creamy Cajun Chicken, Whole Grain Pasta, Broccoli, Fruit, Apple Chips, Fluid Milk Cold: Chicken Salad w/ WG Pita, Sugar Snap Peas	Meatball Sub (Beef & Chicken), Whole Grain Hot Dog Bun, Green Beans w/ Red Peppers, Fruit, 100% Fruit Juice, Fluid Milk Cold: Turkey & Cheese Sandwich on Wheat Bun, Corn & Pepper Salad	Whole Grain Turkey-Bacon Pizza, Carrots, Fruit, Apple Chips, Fluid Milk Cold: Tuna Salad w/ WG Pita, 3 Bean Salad
5	6	7	8	9
BBQ Chicken, Whole Grain Mac & Cheese, Green Beans w/ Red Peppers, Fruit, Applesauce, Fluid Milk Cold: Uncrustable Sandwich, Carrots	Chicken Fajitas, Whole Grain Tortilla Wrap, Black Beans & Corn, Fruit, 100% Fruit Juice, Fluid Milk Cold: Turkey & Cheese Sandwich on Wheat Bun, Broccoli	Stuffed Shells w/ Marinara Sauce & Parm, Broccoli, Wheat Roll, Fruit, Fluid Milk Cold: Chicken Salad w/ WG Pita, Sugar Snap Peas	Jamaican Beef Patty, WG Cornbread, Sweet Potato Wedges, Fruit, 100% Fruit Juice, Fluid Milk, Sweet & Sour Sauce Cold: Turkey & Cheese Sandwich on Wheat Bun, Corn & Pepper Salad	Whole Grain Buffalo Chicken Pizza, Tater Tots, Orange, 1% Milk, Ketchup Cold: Tuna Salad w/ WG Pita, 3 Bean Salad
12	13	14	15	16
Holiday	Holiday	Holiday	Holiday	Holiday
19	20	21	22	23
Honey Jerk Chicken Wings, Whole Grain Cornbread, Carrots, Fruit, Apple Chips, Fluid Milk Cold: Uncrustable Sandwich, Carrots	Whole Grain Cheese Quesadilla, Black Beans & Corn, Sour Cream, Fruit, 100% Fruit Juice, Fluid Milk Cold: Turkey & Cheese Sandwich on Wheat Bun, Broccoli	Whole Grain Cheese Lasagna w/ Marinara & Mozzarella, Green Beans w/ Red Peppers, Wheat Roll, Fruit, Craisins, Fluid Milk Cold: Chicken Salad w/ WG Pita, Sugar Snap Peas	Cheeseburger, Whole Grain Bun, Sweet Potato Wedges, Fruit, Craisins, Fluid Milk, Ketchup Cold: Turkey & Cheese Sandwich on Wheat Bun, Corn & Pepper Salad	
26	27	28	29	