



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