

## 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 <b>Cold:</b> Uncrustable Sandwich, Goldfish, String Cheese, Sugar Snap Peas	Whole Grain Pepperoni Pizza, Tater Tots, Fruit, Apple Chips, Fluid Milk <b>Cold:</b> Uncrustable Sandwich, Goldfish, String Cheese, Chickpeas 2
Popcorn Chicken, Whole Grain Brown Rice, Sweet Potato Wedges, Fruit, Applesauce, Fluid Milk <b>Cold:</b> 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 <b>Cold:</b> 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 <b>Cold:</b> Uncrustable Sandwich, Goldfish, String Cheese, Sugar Snap Peas	Whole Grain Turkey-Bacon Pizza, Carrots, Fruit, Apple Chips, Fluid Milk <b>Cold:</b> Uncrustable Sandwich, Goldfish, String Cheese, Chickpeas
BBQ Chicken, Whole Grain Mac & Cheese, Green Beans w/ Red Peppers, Fruit, Applesauce, Fluid Milk <b>Cold:</b> 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 <b>Cold:</b> Uncrustable Sandwich, Goldfish, String Cheese, Corn & Peppers	Jamaican Beef Patty, WG Cornbread, Sweet Potato Wedges, Fruit, 100% Fruit Juice, Fluid Milk, Sweet & Sour Sauce <b>Cold:</b> Uncrustable Sandwich, Goldfish, String Cheese, Sugar Snap Peas	Whole Grain Buffalo Chicken Pizza, Tater Tots, Orange, 1% Milk, Ketchup <b>Cold:</b> Uncrustable Sandwich, Goldfish, String Cheese, Chickpeas
12	13	14	15	16
Holiday 19	Holiday 20	Holiday 21	Holiday 22	Holiday 23
Honey Jerk Chicken, Whole Grain Cornbread, Carrots, Fruit, Apple Chips, Fluid Milk <b>Cold:</b> Uncrustable Sandwich, Goldfish, String Cheese, Carrots	Whole Grain Cheese Quesadilla, Black Beans & Corn, Sour Cream, Fruit, 100% Fruit Juice, Fluid Milk <b>Cold</b> : Uncrustable Sandwich, Goldfish, String Cheese, Broccoli	American Chop Suey, Whole Grain Pasta, Broccoli, Fruit, Craisins, Fluid Milk <b>Cold:</b> Uncrustable Sandwich, Goldfish, String Cheese, Corn & Peppers	Cheeseburger, Whole Grain Bun, Sweet Potato Wedges, Fruit, Craisins, Fluid Milk, Ketchup <b>Cold:</b> Uncrustable Sandwich, Goldfish, String Cheese, Sugar Snap Peas	
26	27	28	29	

City Fresh Foods | P.O. Box 255698 | Dorchester, MA 02125 Menu subject to change This institution is an equal opportunity provider Phone 617-606-7123 | Fax 617-606-7126 |

Before placing meal orders please determine whether any anticipated consumers have a food allergy and specifically notify City Fresh Foods of the potential allergen requirements at the time that the order is placed. In accordance with Massachusetts General Law and Regulations, before placing your order, please inform your party has a food