



## 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
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  <b>Cold:</b> 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
5	6	7	8	9
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  <b>Cold:</b> 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
<b>Holiday</b>	<b>Holiday</b>	<b>Holiday</b>	<b>Holiday</b>	<b>Holiday</b>
19	20	21	22	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	