


ASSUMPTION SCHOOL

FEBRUARY LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>If the groundhog sees his shadow, we have a month and a half of winter left. If he doesn't, then spring will be here in six weeks.</p>		<p>1 EARLY OUT</p> <p>NO LUNCH SERVED</p>	<p>2 GROUNDHOG DAY Chicken Fajitas/Salsa OR Yogurt Lunch Carrots Lettuce and Tomato Assorted Fresh Fruit Pineapple</p>	<p>3 Catholic Schools Week Luncheon Roast beef Mashed Potatoes/gravy Corn, Assorted fruit Jello Cake Hot rolls</p>	<p>Yogurt Lunch includes yogurt, string cheese and Sun Chips.</p> <p>Chef Salad includes assorted greens, salad toppings, protein (meat, cheese, eggs), bread.</p>
<p>6 BABE RUTH'S BIRTHDAY Hamburger on Bun OR Chef Salad/Roll Tater tots Cole Slaw Orange Wedges Pears</p>	<p>7 Chicken Nuggets OR Yogurt Lunch Corn Baby Carrots Grapes Fruit Cocktail</p>	<p>8 Roast Pork Mashed Potatoes/gravy Dinner Roll OR Chef Salad/Roll Peas Broccoli florets Kiwi Sliced peaches</p>	<p>9 Breakfast for Lunch OR Yogurt Lunch Hash Browns Banana Half Mandarin oranges Muffin</p>	<p>10 Chicken Patty on Bun OR Chef Salad/roll Cauliflower florets Lettuce Salad Apple Wedges Pineapple</p>	<p>FOOD FACT: February is Black History Month. George Washington Carver, a skilled agricultural researcher, attended Simpson College and Iowa State University. He studied peanuts, sweet potatoes and cow peas.</p>
<p>13 Cheesy Bread Tomato soup OR Chef Salad/Cheesy bread Cucumbers Apples Fruit cocktail</p>	<p>14 VALENTINE'S DAY Mini Corn Dogs OR Yogurt Lunch Sweet potato tots Baby Carrots Kiwi Pears</p>	<p>15 Spaghetti /Garlic bread OR Chef Salad/Garlic bread Corn Broccoli Florets Cinnamon Apples Orange wedges</p>	<p>16 Roast Turkey /gravyOR Yogurt Lunch Green Bean Casserole Baby Carrots Grapes Applesauce</p>	<p>17 Rib Sandwich OR Chef Salad French Fries Cauliflower Banana Half Mixed Fruit</p>	<p>FOOD FACT: Shrove Tuesday is the day before Ash Wednesday.</p>
<p>20 PRESIDENT'S DAY Roasted chicken/rice OR Chef Salad/roll Peas Baby carrots Apples Pineapple</p>	<p>21 MARDI GRAS Ham OR Yogurt Lunch Sweet Potatoes Corn Grapes Applesauce Cool Daze</p>	<p>22 ASH WEDNESDAY Egg Biscuit Sandwich OR Chef Salad/Biscuit Lettuce and Tomato Hash Brown Potatoes Grapefruit and oranges Peaches</p>	<p>23 NO SCHOOL</p>	<p>24 NO SCHOOL</p>	<p>FOOD FACT: Gumbo, jambalaya, crawfish and king cake are traditional foods to serve at Mardi Gras celebrations. Mardi Gras is the last day before Lent starts.</p> <p>"Mardi Gras" means Fat Tuesday in Creole French.</p>
<p>27 Deli Turkey Sandwiches OR Chef Salad/Roll Chicken Noodle Soup Tree Salad Sliced tomatoes Grapes Peaches</p>	<p>28 Sandwich Surprise OR Yogurt Lunch Lettuce, onion, pickles Peas Apples Pears</p>	<p>29 LEAP DAY Nachos/meat and cheese OR Chef Salad/roll Cucumbers Refried beans Oranges Fruit Cocktail</p>	<p>FOOD FACT Grapes are really berries. They have a lot of variation: -seeds or not -almost all colors -eaten raw, in juice or jelly, or cooked.</p>	<p>February is National Hearth Month. February is Chocolate Lovers' Month. Dark chocolate is believed to improve heart health. Chocolates are traditional Valentine's Day gifts.</p>	<p>Lunch includes milk (1% white, skim white, skim chocolate), condiments. Our breads provide whole grain goodness. Extra servings fruit and vegetable available to all students.</p>

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