

# LUNCH FEBRUARY 2012

# St. Mary \*HOME OF THE CARDINALS\*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>School Information:</b> <ul style="list-style-type: none"> <li>• 17<sup>th</sup> &amp; 20<sup>th</sup> NO SCHOOL</li> <li>• Call 428-3450 by 9 AM 1 day prior to join us for lunch</li> </ul>		<b>Hamburgers</b> <b>French Fries</b> <b>Fruit</b> <b>K-M-Pickles</b> <b>Cheese Slice</b>	<b>Chicken Fried Steak</b> <b>Mashed taters</b> <b>Gravy</b> <b>Fruit</b> <b>Homemade Bread</b> <b>Butter</b>	<b>Chicken Gravy</b> <b>Biscuits</b> <b>Green Beans</b> <b>Fruit</b> <b>Homemade Bread</b> <b>Butter</b>
<b>Corn Dogs</b> <b>Onion rings</b> <b>Cinnamon Bread</b> <b>Fruit</b> <b>Peas</b> <b>Butter</b>	<b>Chicken &amp; Noodle hot dis</b> <b>Green beans</b> <b>Fruit</b> <b>Homemade bread</b> <b>Butter</b>	<b>Sloppy Joe</b> <b>Homemade bun</b> <b>Au Gratin taters</b> <b>Fruit</b> <b>Pickles</b> <b>Cheese slice</b>	<b>Pita Pizza</b> <b>Corn</b> <b>Fruit</b> <b>Pudding</b>	<b>Mini Pizza Bagels</b> <b>Green beans</b> <b>Fruit</b> <b>Jell-o</b>
<b>Tacos</b> <b>Corn</b> <b>Fruit</b> <b>Salsa/sour cream</b> <b>Shredded cheese</b> <b>Homemade bread/butter</b>	<b>Ham &amp; Scalloped taters</b> <b>Fruit</b> <b>Homemade bread</b> <b>Butter</b>	<b>Spaghetti</b> <b>Peas</b> <b>Fruit</b> <b>Shredded cheese</b> <b>Homemade bread</b> <b>butter</b>	<b>Quesadillas</b> <b>Carrots</b> <b>Salsa/sour cream</b> <b>Fruit</b> <b>Homemade bread</b> <b>Butter</b>	<b>NO SCHOOL</b>
<b>NO SCHOOL</b>	<b>Breaded Chicken sandwich</b> <b>Tater tots</b> <b>Fruit</b> <b>K-BBQ-Mayo</b>	<b>Tuna noodle hot dish</b> <b>Fruit</b> <b>Green beans</b> <b>Homemade bread</b> <b>Butter</b> <b>ASH WEDNESDAY</b>	<b>Crispitos</b> <b>Cheese sauce/sour cream</b> <b>Fruit</b> <b>Corn</b> <b>Salsa</b> <b>Homemade bread/butter</b>	<b>Cheese Pizza</b> <b>Corn</b> <b>Fruit</b>
<b>Hamburger gravy</b> <b>Mashed taters</b> <b>Fruit</b> <b>Homemade bread</b> <b>butter</b>	<b>Mini Tacos</b> <b>Salsa/sour cream</b> <b>Corn fruit</b> <b>Cheese sauce</b> <b>Homemade bread</b> <b>Butter</b>	<b>Sub Sandwich</b> <b>Fruit</b> <b>Mixed veges</b> <b>Chips</b> <b>Mayo/mustard/pickles</b> <b>BIRTHDAY CAKE</b>		<b>HAPPY VAL ENTINES DAY</b>

## NUTRITION TIP: Benefits of Vitamin D

- 7 out of 10 Americans don't meet recommended intakes for vitamin D.<sup>1</sup>
- Vitamin D is important because it helps your body absorb calcium, but studies have shown that it also has a protective effect against chronic diseases including heart disease, type 1 diabetes, and others.<sup>2</sup>
- Find vitamin D in fortified low-fat yogurt and other dairy foods.

## School Information:

- Salad bar includes, lettuce, carrots, cottage cheese, cucumbers, yogurt, diced egg, peas, celery, peppers, and onion, French & ranch dressing & croutons
- Menu subject to change.. 1%. skim & skim choc. milk