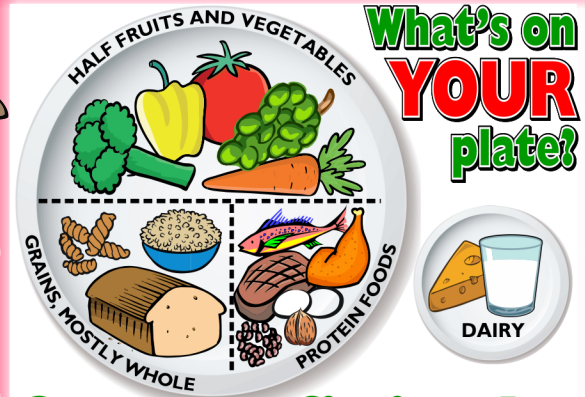


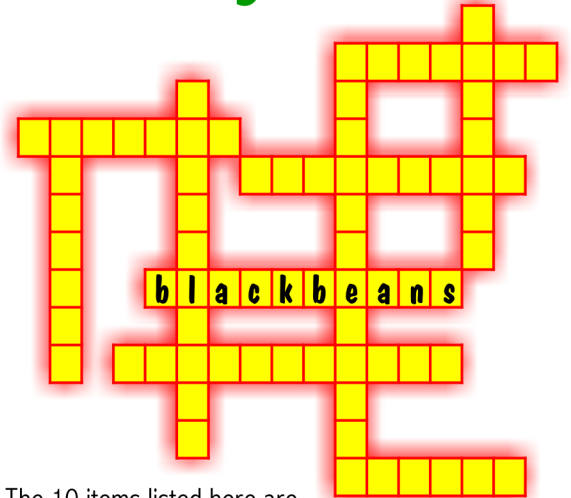
Menus for February 2023

St. Mary Cathedral School

This institution is an equal opportunity provider.
Menus are subject to change.



Can you fit in the "hearty" foods?



SWEET DEAL

The added sugar in soda delivers calories without nutrition -- and without satisfying your hunger. The natural sugar in fruit satisfies your sweet tooth



with fewer calories, while providing fiber, nutrients, and vitamins, too!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, February 6

Breakfast

W/G Cereal, 100% Grape Juice, Colby Cheese Stick, Mandarin Oranges

Lunch

Sliced Turkey Ham, American Cheese, Mayonnaise, W/G Bun, Cole Slaw, Pear

Tuesday, February 7

Breakfast

Egg & Cheese Bacon Pizza, Mixed Fruit

Lunch

Turkey Taco, W/G Tortillas, Cheddar Cheese, Shredded Lettuce, Diced Tomatoes, Taco Sauce, Peaches

Wednesday, February 8

Breakfast

W/G French Toast, Syrup, Turkey Sausage Patty, Pears

Lunch

Chicken Teriyaki, Yellow Rice, Carrots, W/G Roll, Mixed Fruit

Thursday, February 9

Breakfast

Chicken Cheese Tortilla, Apple Sauce

Lunch

Corn Dog, Vegetarian Baked Beans, Ketchup / Mustard, Pears

Friday, February 10

Breakfast

Blueberry Muffin, Yogurt, Peaches

Lunch

Cheese Pizza, Mixed Vegetables, Mandarin Oranges

Wednesday, February 1

Breakfast

W/G Egg Cheese Sandwich Wrap, Peaches

Lunch

Chopped Steak, Gravy, Mashed Potatoes, Peas, W/G Roll, Pineapple Tidbits

Thursday, February 2

Breakfast

W/G Donut Cake Holes, Hard Boiled Egg, Pineapple Tidbits

Lunch

BBQ Chicken, W/G Bun, Corn, Mandarin Oranges

Friday, February 3

Breakfast

Cinnamon Raisin Bagel, Cream Cheese, Jelly, Applesauce

Lunch

Field Day

No Lunch

The 10 items listed here are among the many delicious foods that are also good for heart health! Your family should make room for them on your plates — and you should also try to fit them in to the crossword puzzle above!

**Almonds
Asparagus
Oatmeal**

**Walnuts
Spinach
Salmon**

**Blueberries
Strawberries
Black Beans
Cantaloupe**

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Word of the Month

in·i·tia·tive

- n. 1. The ability to follow through energetically with a plan
2. enterprise and determination to begin a task and see it through

STRANGE BUT TRUE!



GECKOS CAN RUN UP WALLS AND ACROSS CEILINGS – AND EVEN DANGLE FROM ABOVE BY A SINGLE TOE!
– THANKS TO 500,000 TINY HAIRS ON THE SOLES OF EACH OF THEIR TINY FEET! THE TIPS OF EVERY ONE OF THOSE HAIRS SPLITS INTO HUNDREDS MORE, ENABLING THE GECKO'S FEET TO HOLD ON TO INVISIBLE NOOKS AND CRANNIES ON ANY SURFACE – EVEN THE GLASS WALLS OF AN AQUARIUM.

Monday, February 13

Breakfast
W/G Cereal, I
100% Apple Juice,
Mozzarella Cheese Stick,
Applesauce

Lunch
Beef Chili, Brown Rice,
W/G Roll, Peas & Corn,
Pineapple Tidbits

Tuesday, February 14

Breakfast
Cinnamon Pop Tart,
Hard Boiled Egg,
Peaches

Lunch
Cheeseburger, W/G Bun, Oven
French Fries, Shredded
Lettuce, Sliced Tomatoes,
Ketchup, Applesauce

Wednesday, February 15

Breakfast
Egg Cheese SSG Bagel,
Pineapple Tidbits

Lunch
W/G Spaghetti, Meat Sauce,
Corn, W/G Breadstick,
Peaches

Thursday, February 16

Breakfast
W/G Pancakes, Turkey
Sausage Link, Syrup,
Mandarin Oranges

Lunch
Chicken Patty, W/G Bun,
Garbanzo Beans, Mixed Fruit

Friday, February 17

Breakfast
Cheese Omelet,
Butter Milk Biscuit,
Jelly, Mixed Fruit

Lunch
Fish Nuggets,
Sweet Potatoes Fries,
Spinach, Tatar Sauce,
Fresh Orange

Monday, February 20

Presidents' Day



No School Today

Tuesday, February 21

Breakfast
W/G Cereal, 100% Orange
Juice, Yogurt,
Pineapple Tidbits

Lunch
Popcorn Chicken,
Tator Tots Nuggets,
Mixed Vegetables,
Pears

Wednesday, February 22

Breakfast
Pig-N-Blanket, Syrup,
Applesauce

Lunch
Baked Ziti, Mozzarella Cheese,
Broccoli, W/G Garlic Bread,
Mandarin Oranges

Thursday, February 23

Breakfast
Breakfast Pizza,
Mixed Fruit

Lunch
Beef Peccadillo, Brown Rice,
Peas & Carrots, W/G Roll,
Pineapple Tidbits

Friday, February 24

Breakfast
W/G English Muffin, Jelly,
Hard Boiled Egg,
Pears

Lunch
Cheese Pizza, Tossed Salad &
Tomatoes, Ranch Tossed
Dressing, Peaches

Monday, February 27

Breakfast
W/G Cereal, 100% Orange
Pineapple Juice,
Cheddar Cheese Stick,
Mixed Fruit

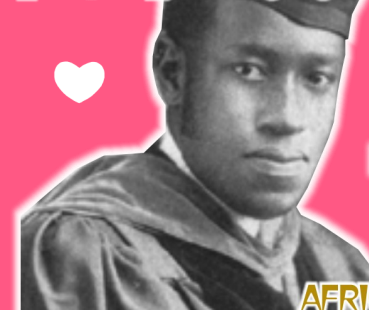
Lunch
Beef Hot Dogs, Vegetarian
Baked Beans, W/G Bun,
Ketchup & Mustard, Pears

Tuesday, February 28

Breakfast
Egg Cheese Sandwich Wrap,
Applesauce

Lunch
Chicken Nuggets,
Yellow Rice, Black Beans,
Mixed Fruit

MATH WIZ



In 1925, after graduating from Indiana University and enlisting and serving in the First World War, Elbert Cox enrolled in Cornell University and became the first black person (in America or anywhere else) to earn a Ph.D. in Mathematics.

AFRICAN AMERICAN HISTORY MONTH

Learn more at <https://news.cornell.edu/stories/2002/02/math-department-honors-cu-pioneer-elbert-cox-first-black-math-phd>