



February is American Heart Month. Keep your heart healthy by being active every day. Run, dance, walk the dog, climb stairs or play in the snow if you have it.
Reference: USDA MyPlate



ARCHBISHOP DAMIANO SCHOOL

Making a difference in the lives of our students



LUNCH

MONDAY

**Chicken Stir-Fry w/
Wheat Roll**
Spinach
Pears
Milk

02

TUESDAY

**Italian Meatball on
Wheat Roll**
Lima Beans
Apple Slices
Milk

03

WEDNESDAY

**Roasted Chicken w/
Wheat Roll**
Carrots
Pineapple Chunks
Milk

04

THURSDAY

Sloppy Joe on Wheat Roll
Corn
Fruit Cocktail
Milk

05

FRIDAY

Wheat Cheese Pizza
Green Beans
Oranges
Milk

06

**Turkey & Cheese on
Wheat Roll**
Broccoli
Pears
Milk

09

Chili w/Wheat Roll
Carrots
Peaches
Milk

10

Hot Turkey on Wheat Bread
Sweet Potatoes
Applesauce
Milk

11

Cheeseburger on Wheat Roll
Peas
Pineapples
Milk

12

Wheat Cheese Pizza
Green Beans
Oranges
Milk

13

School Closed

16

**Chicken Cacciatore w/
Wheat Roll**
Spinach
Peaches
Milk

17

Beef & Bean Burrito
Carrots
Pineapples
Milk

18

**Turkey & Cheese Sub on
Wheat Roll**
Potato Salad
Mixed Fruit
Milk

19

Wheat Cheese Pizza
Green Beans
Pears
Milk

20

School Closed for Students
Staff In-Service

23

**Ham & Cheese on Wheat
Roll**
Carrots
Pears
Milk

24

**Chicken Tenders w/
Wheat Roll**
Corn
Pineapples
Milk

25

Spaghetti w/Meat Sauce
Broccoli
Oranges
Milk

26

Wheat Cheese Pizza
Green Beans
Mixed Fruits
Milk

27



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FEBRUARY 2026