

Menu for
February 2022

**Wildcat
Café!**

Heart Health Month

February is a time for everyone to focus on their cardiovascular health.

from Ms. Davis

Green Monster Smoothie Puree in blender until smooth:

- 1 large green apple, unpeeled, cored, cut into small pieces
- 1-2 handfuls of baby spinach
- 1/4 large cucumber, peeled and cut into large pieces
- 1 medium kiwi, peeled and cut into large pieces
- 2 tablespoons fresh lemon juice
- 1 cup of fat-free milk or a non-dairy alternative milk
- 2 teaspoons of honey
- 1 cup ice cubes

Healthy Heart




Healthy You

H.S.A. presents
Catholic Schools Week

Tuesday is
Student
Appreciation Day!

Pre-ordered Chic Fil A
will be served at lunch



Tuesday, February 1

**If you didn't
Pre-order Chic
Fil A:**

**Macaroni &
Cheese with
Vegetable Soup**

**Or Chicken Salad
Croissant**

Fruit

**Milk,
Chocolate Milk or
Water**

Wednesday, February 2

**Pizza
Cheese or
Pepperoni**

**Green Salad
with dressing**

Fruit

**Milk,
Chocolate Milk
or Water**

Thursday, February 3

**Hot Dog *Gluten
Free available*
or Corn Dog**


Fries

Fruit

**Milk,
Chocolate Milk
or Water**

Friday, February 4

**NOON
DISMISSAL**



*A La Carte
Items are unavailable at
this time*

**Vegetarian meals
are served on Fridays**

**Gluten Free meals
are available when noted
on the daily selection**

**Dairy Free meals
Some items can be accom-
modated by special request
Please call 301-662-6722**

Monday, February 7

**Chicken Nug-
gets**

Veggie Salad

Fruit

**Milk,
Chocolate Milk
or Water**

Tuesday, February 8

**Beef Tacos
(Crunchy or
Soft) with Cheese,
Lettuce, Salsa, Sour
Cream
*Gluten Free availa-
ble***

Fruit

**Milk,
Chocolate Milk
or Water**

Wednesday, February 9

**Pizza
Cheese or
Pepperoni**

**Baby Carrots
with Ranch**

Fruit

**Milk,
Chocolate Milk
or Water**

Thursday, February 10

**Hamburger or
Cheeseburger
*Gluten Free availa-
ble***

Fries

Fruit

**Milk,
Chocolate Milk
or Water**

Friday, February 11

Fettucine Alfredo

**Steamed Veg-
gies**

Fruit

**Milk,
Chocolate Milk
or Water**

Monday, February 14

Chicken Nuggets (BBQ or Ketchup)

Pasta Salad

Fruit

Milk, Chocolate Milk or Water

Tuesday, February 15

Beef Tacos (Crunchy or Soft) with Cheese, Lettuce, Salsa, Sour Cream
Gluten Free available

Fruit

Milk, Chocolate Milk or Water

Wednesday, February 16

Pizza Cheese or Pepperoni

Fruit

Milk, Chocolate Milk or Water


Thursday, February 17

Hot Dog *Gluten Free available* or Corn Dog

Fries

Fruit

Milk, Chocolate Milk or Water

www.MySchoolBucks.com

Order lunch online starting Tuesday through Sunday for the next week.

⇒ Please check your child's cafeteria balance. Funds may be added through My School Bucks OR by sending in check/cash to your child's homeroom.

⇒ Email tschwartzbeck@sjrcs.org for assistance

Monday, February 21

No School Today!



Tuesday, February 22

Chicken, Cheese, and Rice Burrito With Guacamole, Salsa, Sour Cream

Fruit

Milk, Chocolate Milk or Water

Wednesday, February 23

Pizza Cheese or Pepperoni

Fruit

Milk, Chocolate Milk or Water

Thursday, February 24

Hamburger or Cheeseburger
Gluten Free available

Fries

Fruit

Milk, Chocolate Milk or Water

Friday, February 25

Spaghetti with Marinara Sauce

Garlic Bread

Fruit

Milk, Chocolate Milk or Water

Monday, February 28

Chicken Nuggets (BBQ or Ketchup)

Steamed Veggies

Fruit

Milk, Chocolate Milk or Water



Did you know?

Presidents' Day never falls on the actual birthday of any American president. It is always celebrated on the 3rd Monday of February to honor all Presidents, past and present.

Four Presidents—George Washington, William Henry Harrison, Abraham Lincoln and Ronald Reagan—were born in February, but their birthdays all come either too early or late to coincide with Presidents' Day.