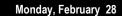
Menu for Februar	y 2022 Iccit Fé I		ry is a time for even er Smoothie Puree in en apple, unpeeled, cored ls of baby spinach ucumber , peeled and cut i kiwi, peeled and cut into la ons fresh lemon juice -free milk or a non-dairy a s of honey	blender until smooth: , cut into small pieces into large pieces rge pieces	from Ms. Davis their cardiovascular health. Healthy Heart CCC 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 <b>NOON</b> <b>DISMISSAL</b>	A La Carte Items are unavailable at this time <b>Vegetarian meals</b> are served on Fridays
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 Alfre- do Steamed Veg- gies Fruit Milk, Chocolate Milk or Water	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 14 Chicken Nug- gets (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 availa- ble 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	Friday, February 18	<ul> <li>invschoolBucks.com</li> <li>www.MySchoolBucks.com</li> <li>Order lunch online</li> <li>starting Tuesday through Sunday</li> <li>for the next week.</li> <li>⇒ Please check your child's cafeteria</li> <li>balance. Funds may be added</li> </ul>
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 availa- ble Fries Fruit Milk, Chocolate Milk or Water	Friday, February 25 Spaghetti with Marinara Sauce Garlic Bread Fruit Milk, Chocolate Milk or Water	<ul> <li>⇒ Email tschwartzbeck@sjrcs.org for assistance</li> </ul>



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.