



by Caroline Jansen



CAROLINE JANSEN

“My favorite fruit is blueberries, strawberries, peaches, pears and oranges.”

“I stay healthy by being active, playing sports, drinking water and eating fruits and vegetables. My favorite sports are volleyball, basketball, field hockey and swimming.”

“If I were a farmer I would grow pears because they are sweet, tasty and full of nutrients.”



This symbol will represent the harvest of the month. This month’s harvest is **Oranges**.

# February

**Salad Bar will be closed at this time.**

Each day students will be able to choose between the **main entree**, **baked potato entree** or **large pre-made salad entree**. Each entree includes fruit and vegetables.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1 B: Hot L: “NEW” Turkey, Bacon & Cheese on Everything Bagel, Tater Tots, Peas	2 B: A la Carte L: “NEW” Cheesy Beef & Noodles, Broccoli	3
4	5 B: A la Carte L: Hot Dog, Baked Beans, Carrots	6 B: Hot L: “NEW” Beef Burrito Bowl: Beef, Spanish Rice, Black Beans served in bowl w/vegetable side	7 B: A la Carte L: Chicken & Waffle, Vegetable Blend	8 EARLY DISMISSAL 11:00 AM	9 NO SCHOOL	10
11	12 NO SCHOOL	13 B: Hot L: “NEW” Chicken Parmesan Sandwich (Crispy chicken patty, marinara, mozzarella), Sweet Potato Fries, Broccoli	14 B: A la Carte L: Spaghetti w/ Marinara, Breadstick, Vegetable Blend	15 B: Hot L: Beef Nachos, Black Beans, Corn	16 B: A la Carte L: Baked Ziti, Breadstick, Broccoli	17
18	19 B: A la Carte L: Hamburger, Sweet Potato Fries, Peas & Carrots	20 B: Hot L: Brunch - Pancakes, Sausage Patty, Egg Patty	21 B: A la Carte L: Chicken Taco, Refried Beans, Corn	22 B: Hot L: Chili, Cornbread, Cheese Stick	23 B: A la Carte L: Papa John’s Cheese Pizza, Corn	24
25	26 B: A la Carte L: BBQ Pulled Pork, Mac & Cheese, Carrots	27 B: Hot L: “NEW” Chicken Tikka Masala, Rice, Vegetable Blend	28 B: A la Carte L: Baked Potato Bar, Broccoli Casserole (New)	29 B: Hot L: “NEW” Pot Roast w/Potatoes, Carrots, Onions, Gravy, & Dinner Roll	1	2

Final lunch orders are due to café by 9am each day. If your child will be coming to school after 9am, please contact Susie or Mike Grimes, chef, at mgrimes@ascension-parish.com to let him know if your child will eat school lunch.