



feeding children is
A WORK OF HEART

National Healthy Heart Month

♥ **Nativity of Mary School Lunch Menu** ♥
February 2021



All meals are available at no cost.

Nutrition Tip: Make half your plate veggies and fruits. Vegetables and fruits are full of nutrients that support good health. Choose fruits and red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1
Dorito Taco Salad with Turkey Taco & Salsa Rice
Beans
Diced Peaches
Milk

2
National Tater Tot Day

Chicken Nuggets w/Dip & Krispy Treat
Tater Tot Mix
Mixed Fruit Cup
Milk

3
French Toast Sticks with Turkey Sausage & Syrup
Broccoli Florets
Fruit Cup
Milk

4
Cheeseburger on a Bun with Snack Bag
Carrots
Applesauce Cup
Milk

5
Professional Development Day

No School

8
Mini Confetti Pancakes with Turkey Sausage
Garden Salad
Diced Pears
Milk

9
National Pizza Day
"Take & Bake" Flatbread Pizza Kit
Broccoli
Applesauce
Milk

10
"Make your Own" Beef & Cheddar Cheese Quesadilla
Corn Niblets
Fruit Cup
Milk

11
Meatball Sub with Mozzarella Cheese
Green Beans
Diced Peaches
Milk

12
Grilled Chicken Breast on a Bun
Carrot Sticks
Fruit Cup
Milk
Sugar Cookie Valentine Treat ♥

15

16

17

18

19



Mid-Winter Recess
♥
Classes Resume February 22nd



22
Chicken Patty on a Bun
Carrot Bites
Fresh Apple
Milk

23
Boneless B-B-Que Pork Rib on a Bun with Chips
Oven Fries
Peach Cup
Milk

24
National Tortilla Chip Diced Chicken Nachos with Cheese Sauce Tortilla Chips & Rice
Corn
Chilled Fruit Cup
Milk

25
Sliced Turkey & Cheese Sub with Lettuce & Tomato
Green Bean Salad
Fruit Cup
Milk

26
Cheese Pizza Sub
Broccoli Florets
Diced Pears
Milk

Milk Included with Lunch: Low-Fat White, Fat Free White, Fat Free Chocolate

Meal Components:

Protein, Grain, Fruit, Vegetable and Milk

Entrees may consist of 1-3 components

USDA and this institution are equal opportunity providers and employers.

