



♥
National Healthy Heart Month
♥
Nativity of Mary School Lunch Menu
February 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Meal Price – \$1.90
 Milk Price - \$.65
♥
 Baby Carrots offered daily.



Everyday
 Garden Salad w\Roll



1

French Toast Sticks
w\Turkey Sausage
 Egg & Cheese
 Breakfast Sandwich

Crispy Tater Tots
 Mixed Vegetables
 Applesauce

2

Turkey & Gravy
with Dinner Roll
 Chicken Patty on a Bun

Mashed Potato
 Golden Corn
 Fruit Cup



3

♥ **Wear Red Day** ♥
Pepperoni Pizza
 Diced Chicken Wrap
 with Ranch

Roasted Broccoli
 Tossed Salad
 Mixed Fruit

6

Chicken Nuggets
w\Roll
 Sliced Turkey & Cheese
 Sandwich

Golden Corn
 Baked Beans
 Chilled Peaches

7

Homemade Cheese
Breadsticks w\Pasta
 Bologna & Cheese
 Sandwich

Mixed Vegetables
 Romaine Salad
 Diced Pears

8

Breakfast Sticks
w\Turkey Sausage
 Egg & Cheese
 Breakfast Sandwich

Carrot Coins
 Oven Baked Fries
 Applesauce

9

Dorito Taco in a Bag
with Rice & Toppings
 Chicken Caesar Salad

Roasted Broccoli
 Green Beans
 Fruit Cup

10

Cheese Pizza
 Diced Chicken Wrap
 with Ranch

Sweet Corn
 Bean Salad
 Mixed Fruit

Choice of Fat-free White, Fat-free Chocolate or 1% White Milk offered with every meal.

13

Hot Dog on a Bun
 Sliced Turkey & Cheese
 Sandwich

Mixed Vegetables
 Baked Beans
 Chilled Peaches

14

♥ **Pasta & Meat Sauce** ♥
Garlic Bread
 Freshly Baked Pizza

Roasted Broccoli
 Romaine Salad
 Diced Pears

15

Pancakes
w\Turkey Sausage
 Egg & Cheese
 Breakfast Sandwich

Tater Tots
 Cucumber Slices
 Applesauce

16

Nachos with Cheese,
Rice & Toppings
 Julienne Salad

Carrot Coins
 Baked Beans
 Fruit Cup

17

Pepperoni Pizza
 Diced Chicken Wrap
 with Ranch

Seasoned Green Beans
 Golden Corn
 Mixed Fruit

20

★
★
★
Presidents' Day

No School

21

22

23

24

♥
Mid-Winter Recess
♥
Classes Resume February 27th

27

Macaroni & Cheese
w\Roll
 Hot Dog on a Bun

Broccoli Florets
 Romaine Salad
 Chilled Peaches

28

Taco Twins
w\Rice & Toppings
 Freshly Baked Pizza

Veggie Beans
 Corn Niblets
 Diced Pears



EAT YOUR
 VEGGIES
 FOR
 HEART HEALTH!

sodexo

Choose 3 to 5 components each day, which may include one entree.

One of the components must be a fruit or vegetable.

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