

# February 2020

St. James School

LUNCH



**School Information:**  
February 14<sup>th</sup> - No School



**Fitness Tip:** Try to be active for 60 minutes or more every day. Run, dance, walk the dog, climb stairs or play in the snow if you have it.  
Reference: USDA MyPlate

## Monday

**Crazy Lunch Day**  
Sweet Potato Puffs  
Mixed Fruit

3

Cheese Pizza Bagel M  
Broccoli and Cauliflower  
Mandarin Oranges

10

Pulled Pork Sandwich  
Chips  
Baby Carrots  
Baked Apples

17

Hamburger on Bun  
Potato Wedges  
Green Beans  
Fruit Salad

24

Menu subject to change

## Tuesday

Orange Chick Nuggets  
Steamed Rice  
Broccoli Bites  
Pineapple Tidbits

4

Baked Ham  
Cheesy Potatoes M  
Green Beans  
Applesauce

11

Chicken and  
Noodles M/PTN  
Green Beans  
Mandarin Oranges  
Wheat Roll

18

Chicken Quesadilla M  
Zippy Fire Roasted Corn with  
Poblano Peppers  
Applesauce

25

**Allergy Alerts**  
B- Beef  
M- Milk  
PTN-Peanut, Tree Nut  
S- Sesame seeds

## Wednesday

Walking Taco B  
Lettuce and Cheese Cup  
Refried Black Beans  
Apple Slices

5

BBQ Chicken on  
Flatbread M  
Glazed Carrots  
Pears

12

Sloppy Joe on Bun B  
Calico Beans  
Strawberries  
Cookie P/TN/M

19

Ash Wednesday  
Breaded Fish  
Steamed Peas  
Peaches  
Breadstick Or Roll M

26

## Thursday

Try Me Thursday!  
Breaded Pork Loin M  
Cowboy Corn Salad -try me!  
Peaches

6

Valentine Nuggets  
Broccoli Bites  
Diced Peaches  
Red Velvet Cake M

13

French Toast M  
Sausage Patty  
Hash Brown  
Apple Slices

20

Crazy Lunch Day B  
Garden Salad and Dressing  
Diced Pears  
M

27

## Friday

Tomato Soup M  
Toasted Cheese Sandwich M  
Baby Carrots  
Fresh Grapes

7

NO SCHOOL

14

Egg Roll in A Bowl  
Steamed Rice  
Broccoli Bites  
Fresh Pineapple Slices

21

Scrambled Eggs M  
Cinnamon Roll M  
Cook's Choice of Vegetable  
Melon Slice

28

