










Monday	Tuesday	Wednesday	Thursday	Friday
2 PK-K \$23.75 1st-7th \$28.50	3	4  Italian Meatsauce* Wheat Spaghetti Popeye Salad Seasoned Green Beans* Garlic Wheat Roll*	5 Chicken & Sausage Gumbo* Fluffy Rice Garden Salad Chilled Pears French Bread* Oatmeal Cookie*	6 Roasted Chicken Potatoes in Cheese Sauce* Tossed Salad King Cake* 
9 Red Beans with Sausage* Fluffy Rice Steamed Vegetable Blend Chilled Mixed Fruit Cornbread*	10  Beef Taco* Shredded American Cheese Shredded Lettuce and Tomato Golden Corn* Chilled Pineapple King Cake*	11 Chicken Alfredo* Cream Sauce* with Rotini Caesar Salad* Chilled Applesauce Italian Bread*	12 Beef Sliders/Bun Crinkle Fries Pineapple/Cherry Jello	13 Shrimp Etouffe* Fluffy Rice Seasoned Spinach* Chilled Strawberries Garlic Wheat Roll*
16 Martin Luther King, Jr. Day	17 Pizza 3rd-7th top your own pizza Golden Corn* Chilled Applesauce King Cake*	18 Brussels Sprouts Nutrition Day Wheat Spaghetti & Meatballs Italian Red Gravy* Crisp Italian Salad* Chilled Tropical Fruit Italian Bread* 	18 BAG LUNCH provided by cafeteria  Hamburger/Bun Lettuce/Tomato Fresh Fruit Chips	18 BAG LUNCH provided by cafeteria Grilled Chicken Patty/Bun PK-7th Breaded Chicken Patty/Bun 1st-7th Lettuce/Tomato Fresh Fruit Chips 
23 Chinese New Year Baked, Crispy Chicken Smackers w/ Sweet & Sour Sauce Fried Brown Rice* Stirfry Veggies Mandarin Oranges Sesame Wheat Roll* Fortune Cookie* 	24 Pizza 3rd-7th top your own pizza Popeye Salad* Seasoned Green Beans* Sugar Cookie*	25 Soft Chicken Taco* Shredded American Cheese Shredded Lettuce and Tomato Carrot/Celery Sticks Chilled Tropical Fruit King Cake*	26  BBQ Chicken Brown Rice-a-Roni* Fresh Broccoli/Cauliflower Florets Chilled Mixed Fruit Sesame Wheat Roll*	27 Turkey & Sausage Gumbo* Fluffy Rice Potato Salad* Chilled Pears French Bread*
30 White Beans & Sausage* Fluffy Rice Steamed Broccoli Chilled Applesauce French Bread*	31 Scrambled Eggs Sausage Chilled Strawberries Hash Browns King Cake* 	Whole fresh fruit offered daily with lunch. * Denotes menu items that are prepared in the cafeteria. Many of these items are made from scratch using our own Archdiocese School Food Service recipes. Choice of milk is offered daily.		

January 18th is Brussels Sprouts Nutrition Day! Stop by the nutrition day table for a yummy sample and fun activities!




 January 16th is Martin Luther King, Jr. Day!

January 23rd is our Chinese New Year Celebration with a delicious theme meal!



School lunches must meet recommendations of the Dietary Guideline for Americans. No more than 30% of calories from fat and less than 10% from saturated fat averaged weekly. Lunches contain 1/3 of the RDI of Calories, Protein, Vitamin A, Vitamin C, Iron, and Calcium.

School Name _____