



Breakfast served in participating schools. For more information, please contact your principal.

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
			<p><b>1 LINE ONLY!!!</b></p> <p>Pizza Garden Salad Chilled Pears French Bread* Oatmeal Cookie*</p>	<p>Baked, Crispy Fish Strips Crinkle Fries Pineapple w Cherries Southern Butter Wheat Roll* Jell-O</p>
				Hamburger on Wheat Bun
9	10	11	12	13
<p>Red Beans with Sausage* Fluffy Rice Steamed Vegetable Blend Chilled Mixed Fruit Cornbread* OR Corn Roll*</p>	<p>Beef Taco* Shredded American Cheese Shredded Lettuce and Tomato Golden Corn* Chilled Pineapple Cinnamon Roll*</p>	<p>Chicken Alfredo* Cream Sauce* with Rotini Caesar Salad* Chilled Applesauce Italian Bread*</p>	<p>Roasted Chicken Potatoes in Cheese Sauce* Tossed Salad Garlic Wheat Roll* Iced Fudge Brownie*</p>	<p>Shrimp Etouffe* Fluffy Rice Seasoned Spinach* Garden Salad Garlic Wheat Roll*</p>
Turkey Pobo or Sandwich on Wheat	Baked, Crispy Fish Sandwich On Wheat Bun	Beef Sliders (Two-Fers)	BBQ Rib Patty Sandwich	Baked, Crispy Chicken Smackers
16	17	18	19	20
<p>Martin Luther King, Jr. Day</p>	<p>Crispy Pork Taco Shredded American Cheese Shredded Lettuce and Tomato Golden Corn* Chilled Applesauce Honey Bun*</p>	<p><b>Brussels Sprouts Nutrition Day</b> Wheat Spaghetti &amp; Meatballs Italian Red Gravy* Crisp Italian Salad* Chilled Tropical Fruit Italian Bread*</p> 	<p>Shrimp Archie* Cream Sauce* w Rotini Caesar Salad* Chilled Mixed Fruit Wheat Roll* Rice Krispie Treat*</p>	<p>Baked, Crispy Chicken Strips Baked Crinkle Fries Seasoned Peas Sesame Wheat Roll Chocolate Chip Cookie*</p>
	Pizza	Crispy Chicken Patty on Wheat Bun	Hamburger on Wheat Bun	Ham PoBoy or Sandwich on Wheat Bread
23	24	25	26	27
<p><b>Chinese New Year</b> Baked, Crispy Chicken Smackers w/ Sweet &amp; Sour Sauce Fried Brown Rice* Stirfry Veggies Mandarin Oranges Sesame Wheat Roll* Jell-O</p> 	<p>Soft Chicken Taco* Shredded American Cheese Shredded Lettuce and Tomato Golden Corn* Chilled Tropical Fruit Cinnamon Stick*</p>	<p>Pizza Popeye Salad Chilled Peaches Sugar Cookie*</p>	<p>BBQ Chicken Brown Rice-a-Roni* Fresh Broccoli/Cauliflower Florets Chilled Mixed Fruit Sesame Wheat Roll* Pudding</p>	<p>Turkey &amp; Sausage Gumbo* Fluffy Rice Garden Salad Chilled Pears French Bread*</p>
Grilled Cheese	Corn dog	Baked Crispy Fish on Wheat Bun	Beef Sliders (Two Fers)	Baked Crispy Chicken Strips
30	31	<p><b>Whole fresh fruit offered daily with lunch.</b></p> <p><b>* 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.</b></p> <p><b>Choice of milk is offered daily.</b></p> <p><b>Sandwiches are served with 3 fruit/vegetable servings and milk.</b></p> <p><b>Breakfast also offers cereal. Breakfast served in participating schools. For more information, please contact your principal.</b></p>		
<p>White Beans &amp; Sausage* Fluffy Rice Steamed Broccoli Chilled Applesauce French Bread*</p>	<p>Pizza Golden Corn* Chilled Strawberries Cinnamon Roll*</p>			
Grilled Chicken on Wheat Bun	Baked, Crispy Fish Strips w Roll			

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!



St. Catherine of Siena

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.