

# February

## Ascension Catholic School

FOOD IN  
FOCUS



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

## Did you know?



Leap days happen every 4 years, but we actually skip it once every 400 years like in the year 2000.

Popcorn Chicken  
OR  
Hot ham and cheese  
WITH  
French Fries  
Yogurt  
Brownie

5

Hot dog  
OR  
Chicken Nuggets  
WITH  
Tater tots  
Veggies  
Sherbert

6

Butter Noodles  
OR  
Chicken Caesar Wrap  
WITH  
Salad  
Apple slices  
Teddy Grahams

7

Nachos n Cheese  
OR  
Corn Dog  
WITH  
Veggies and dip  
Tropical mixed fruit  
Vanilla wafers

1

Emoji Waffle  
OR  
Pancake  
WITH  
Hashbrowns  
Frozen peaches  
Mini blueberry Muffin

2

Cheese  
Or  
Pepperoni  
Orange Slice  
Cookie



9

Spaghetti  
OR  
Chicken bacon wrap  
WITH  
Green Beans  
Pineapple  
Jell-O

12

Soft Taco  
OR  
Chicken Nuggets  
WITH  
Fiesta rice  
Seasoned corn  
Frozen Strawberries

13

Nachos  
OR  
Cheese Quesadilla  
Peaches  
Veggie medley  
Churro

14

Chicken Strips  
OR  
Turkey and cheese Croissant  
WITH  
French fries  
Salad  
Ice cream

15

French toast sticks  
OR  
Cheesy Omelet  
WITH  
Hashbrown  
Melon  
Yogurt

16



19

Pretzel with Cheese  
OR  
Macho Nachos  
WITH  
Pineapple  
GoGurt  
Cookie

20

Belgian waffle  
OR  
Cereal with milk  
WITH  
Bacon  
Sweet cherries  
Hashbrown

21

Chicken rings  
OR  
T-Ravs  
WITH  
Buttered noodles  
Green beans  
Jello-O

22

Cheese  
Or  
Bosco  
WITH  
Orange slices  
Cookie

23



Dino Nuggets  
OR  
Grilled cheese  
WITH  
Veggies and dip  
Rice Krispie Treat  
Pears

26

Bagel with Crème  
cheese  
OR  
French Toast Sticks  
Sausage patty  
Yogurt  
Mandarin oranges

27

Cheese Ravs  
OR  
Fettuccini  
Broccoli  
Oreos  
Grapes

28

Chicken Fried Rice  
OR  
Veggie egg roll  
WITH  
Crab Rangoon  
Green Beans  
Fortune Cookie

29

### ALA CARTE OF THE DAY

**MONDAY:** Chicken Nuggets

**TUESDAY:** Popcorn Chicken

**WEDNESDAY:** Pretzel with Cheese

**THURSDAY:** Orange Chicken

**FRIDAY:** Personal Pan Pizza

### SALAD OF THE DAY

**MONDAY:** Chicken Caesar Salad

**TUESDAY:** Taco Salad

**WEDNESDAY:** Garden Salad

**THURSDAY:** Pasta House salad

**FRIDAY:** Chef Salad

**MENU IS SUBJECT TO CHANGE**

Contact our dietitian  
at [lisa@foodserv.org](mailto:lisa@foodserv.org) for special  
dietary concerns

For more information about FSC or  
employment opportunities, please go to  
[www.foodserviceconsultants.org](http://www.foodserviceconsultants.org)

