


School of the Holy Child



February 2010



Monday February 1	Tuesday February 2	Wednesday February 3	Thursday February 4	Friday February 5
Navy Bean Soup GRILLED CHEESE SANDWICHES ON WHOLE WHEAT BREAD Steamed Carrots Sautéed Spinach Arroz Con Pollo Fruit Salad	Vegetable Barley Soup HAMBURGERS & VEGETABLE BURGERS ON WHOLE WHEAT BUNS Steamed Green Beans Roasted Red Peppers Build Your Own Crudités Bar with Organic Ranch Dressing Apple Pie	Manhattan Clam Chowder PASTA WITH MARINARA SAUCE Steamed Snow Peas Local Vegetables Build Your Own Chicken Fajitas Ice Cream Cups	Tortellini Soup LEMON BAKED CHICKEN Sautéed Zucchini Mozzarella Sticks Build Your Own FLIK Signature Salad Yellow Cake with Chocolate Frosting	Minestrone Soup BAKED POTATO BAR WITH TOPPINGS Sautéed Tomatoes with Basil Steamed Broccoli Philly Cheese Steak with Toppings Rice Pudding
February 8	February 9	February 10	February 11	February 12 Chinese New Year
Black Bean Soup MEATBALL SUBS Steamed Corn Sautéed Yellow Squash Build Your Own Cobb Salad Sliced Fresh Fruit	Butternut Squash Soup CHICKEN FINGERS WITH DIPPING SAUCES Garden Wheat berries Sautéed Mushrooms Grilled Ruben Sandwich Applesauce with Cinnamon	Gumbo Soup MACARONI & CHEESE Steamed Snap Peas Sautéed Cherry Tomatoes Build Your Own Bombay Chicken Salad Chocolate Chip Cookies	Cream Of Tomato Basil Soup BEEF TACO'S WITH TOPPINGS Vegetable Barley Sautéed Spinach Yogurt Bar with Fresh Fruit Valentine's Day Cupcakes	Egg Drop Soup ORANGE FLAVORED CHICKEN Vegetable Fried Rice Steamed Edamame Mini Appetizer Bar (Vegetable Egg Rolls) Fortune Cookies
<i>Happy Valentines Day</i>				
February 15	February 16	February 17 "Ash Wednesday"	February 18	February 19 "Breakfast For Lunch"
"School Closed" 	"School Closed" 	Italian Minestrone Soup MARGHERITA FLATBREAD PIZZA Roasted Butternut Squash Sautéed Green Beans Build Your Own Greek Salad Pound Cake with Strawberry Topping	New England Clam Chowder GRILLED CHICKEN BREAST Steamed Corn with Carrots Tater Tots Build Your Own Tuscan Salad Sliced Pineapples	Tomato Lentil Soup PANCAKES WITH MAPLE SYRUP SCRAMBLED EGGS Potato Pancakes Strawberries Tomato, Basil & Mozzarella Sandwiches Oatmeal Cookies
February 22	February 23	February 24	February 25 Food Focus	February 26
Garden Vegetable Soup CHICKEN FINGERS WITH DIPPING SAUCE Steamed Peas Roasted Zucchini w/ Red Peppers Baked Fish (US FARMED) Chocolate Pudding	Pollo e Pasta NACHO BAR WITH TOPPINGS Steamed Snap Peas Roasted Squash Grilled Chicken with Tomato, Basil & Mozzarella Sandwich Sliced Honeydew	Navy Bean Soup ROASTED TURKEY BREAST WITH PAN GRAVY Vegetable Quinoa Steamed Broccoli Build Your Own Roasted Apple Salad Sugar Cookies	Potato Leek Soup CHILI CON CARNE Biscuits Sautéed Vegetable Medley Yogurt Bar with Fresh Fruit Cornbread	Pasta e Fagioli GRILLED CHEESE SANDWICH ON WHOLE WHEAT BREAD Steamed Cauliflower Local Vegetables Pasta Station with Assorted Sauces Fruit Salad

Monthly Food Focus- American Cities Tour/Austin

*** If you have a food allergy, please speak to the owner, manager, chef or your server**

Salad Bar Features

Seasonal Greens and Vegetables
Chef's Specialty Composed Salads
House Made and Low Fat Dressings

Other Daily Offerings

Hormone Free
(2% Milk • Skim Milk)
100% Fruit Juices
Seasonal Hand Fruit

Turkey, Ham Assorted Cheese,
House Made Deli Salad with
Assorted Breads & Rolls