





# John Paul II



To receive weekly debit account balance e-mails, send your e-mail address to [eci@ed-cat.com](mailto:eci@ed-cat.com), identifying your children and school.

	Monday	Tuesday	Wednesday 2/1	Thursday 2/2	Friday 2/3
Entrée Special Veg Alt Veg Dessert			Chicken Pot Pie Chicken Alfredo Green Salad California Blend Fresh Fruit or Fruit Cup	Chicken Tenders Beef Stew Baked Fries Mixed Veggies Fresh Fruit or Fruit Cup	Pizza - Cheese or Vegetable Salad or Carrot Cup Fresh Fruit or Fruit Cup
Sandwich Salad Soup			Sandwich Meal Salad Meal Potato Meal	Sandwich Meal Salad Meal Potato Meal	Hamburger Salad Meal Potato Meal
	Monday - 2/6	Tuesday - 2/7	Wednesday - 2/8	Thursday 2/9	Friday - 2/10
Entrée Special Veg Alt Veg Dessert	Chicken w/Dressing Chicken Nuggets Broccoli Carrots Fresh Fruit or Fruit Cup	Pork Stir Fry Baked Fish Asian Rice Broccoli Fresh Fruit or Fruit Cup	Meatball Subs Oven Fried Catfish Nuggets Potato Salad Baked Beans Fresh Fruit or Fruit Cup	Mexican Lasagna Chicken Fajitas Tossed Salad Beans and Rice Fresh Fruit or Fruit Cup	Pizza - Cheese or Vegetable Salad or Carrot Cup Fresh Fruit or Fruit Cup
Sandwich Salad Soup	Sandwich Meal Salad Meal Potato Meal	Sandwich Meal Salad Meal Potato Meal	Sandwich Meal Salad Meal Potato Meal	Sandwich Meal Salad Meal Potato Meal	Chicken Patty Sandwich Salad Meal Potato Meal
	Monday - 2/13	Tuesday - 2/14	Wednesday - 2/15	Thursday 2/16	Friday - 2/17
Entrée Special Veg Alt Veg Dessert	Chicken Tenders Salisbury Steak Mashed Potatoes Green Beans Fresh Fruit or Fruit Cup	Spaghetti w/Meat Sauce Parmesan Tilapia Bread Stick California Blend Fresh Fruit or Fruit Cup	<b>Parent-Teacher Conferences</b>  ***** <b>NO SCHOOL</b>	Chicken Fried Steak w/Gravy Baked Chicken Mashed Potatoes Green Beans Fresh Fruit or Fruit Cup	Pizza - Cheese or Vegetable Salad or Carrot Cup Fresh Fruit or Fruit Cup
Sandwich Salad Soup	Sandwich Meal Salad Meal Potato Meal	Sandwich Meal Salad Meal Potato Meal		Sandwich Meal Salad Meal Potato Meal	Corn Dog Bites Salad Meal Potato Meal
	Monday - 2/20	Tuesday - 2/21	Wednesday - 2/22	Thursday 2/23	Friday - 2/24
Entrée Special Veg Alt Veg Dessert	<b>Teacher In-Service</b>  ***** <b>NO SCHOOL</b>	<b>NO LUNCH SERVED</b>	Fish Sticks Linguini w/Vegetables Mac & Cheese Green Beans Fresh Fruit or Fruit Cup	Chicken Spaghetti Potato Crusted Cod Rice Pilaf Mixed Veggies Fresh Fruit or Fruit Cup	Pizza - Cheese or Vegetable Salad or Carrot Cup Fresh Fruit or Fruit Cup
Sandwich Salad Soup			Sandwich Meal Salad Meal Potato Meal	Sandwich Meal Salad Meal Potato Meal	Fish Sandwich Salad Meal Potato Meal
	Monday - 2/27	Tuesday - 2/28	Wednesday - 2/29	Thursday -	Friday -
Entrée Special Veg Alt Veg Dessert	Egg Rolls - Veggie or Pork Baked Chicken Teryaki Asian Rice Broccoli Fresh Fruit or Fruit Cup	Chicken Nuggets Pork Chop Oven Fries Carrots Fresh Fruit or Fruit Cup	Pasta Bake Baked Chicken Bread Stick California Blend Fresh Fruit or Fruit Cup		
Sandwich Salad Soup	Sandwich Meal Salad Meal Potato Meal	Sandwich Meal Salad Meal Potato Meal	Sandwich Meal Salad Meal Potato Meal		

Daily menu plates are reviewed and approved by "Dieticians for Health Care", Jackie Cutlip R.D., L.D.

\*The Daily Meal Plates are served with fruit and a choice of small milk, juice or water.

Daily Meal Plates	Extras (when available)	Milk	\$0.85	Snacks	
Regular	Hotdog	Juice	\$0.90	Strawberry Crunch	\$1.50
Special	Corndog	Water	\$1.00	Orange Sherbet Dream Bar	\$1.50
	Hamburger	Gatorade	\$1.95	Sherbet Cup	\$1.00
Quick Serve meal	Chicken Sandwich			Fudge Bar	\$1.50
Sandwich meal	Curley Fries				
Salad meal	Other Entrée				
Potato meal	Chips cannot be purchased ala carte, only as part of the Quick meals				
(These meals come with Veggies or Chips, Fruit, and Milk, Juice or Water)					