

# JAN 2012

# Cathedral Parish School

'Build-A-Meal'  
This year  
you can  
choose  
your  
Entrée  
AND  
choose  
your  
Sides.

mon	tue	wed	thu	fri
2 No School	3 Spaghetti and Meatsauce   with a Garlic Bread Stick Personal Pan Pizza   Taco Salad 	4 Mandarin Chicken Bowl* with Rice, Veggies & a Fortune Cookie Chicken Bites   Veggie Wrap   	5 Sabrett™ All Beef Hot Dog   served with French Fries Chicken Tenders   Taco Salad 	6 Veggie  Cheese Pizza   Pepperoni Pizza  
9 Veggie  Three Cheese Baked Ziti   served with Dessert Chicken Sandwich   Turkey Mozzarella Wrap  	10 Breakfast For Lunch* Omelette, French Toast & Sausage Personal Pan Pizza   Cucumber Orange Salad 	11 Sweet Asian Chicken Bowl* with Rice, Veggies & a Fortune Cookie Chicken Bites   Turkey Mozzarella Wrap   	12 Hamburger or Cheeseburger   served with French Fries Chicken Tenders   Cucumber Orange Salad 	13 Veggie  Cheese Pizza   Pepperoni Pizza  
16 MLK Day No School	17 Penne Pasta with Meatballs   with a Garlic Bread Stick Personal Pan Pizza   Cobb Salad 	18 Homestyle Chicken Bowl* with Mashed Potatoes & Corn Chicken Bites   Chicken Ranch Wrap   	19 Corndog Pups   with Mac & Cheese Chicken Tenders   Cobb Salad 	20 Veggie  Cheese Pizza   Pepperoni Pizza  
23 Veggie  Monster Mac & Cheese   served with Dessert Chicken Sandwich   Santé Fe Wrap  	24 BBQ Beef Sandwich   served with Corn on the Cob Personal Pan Pizza   Chicken Caesar Salad 	25 Chicken Alfredo   with a Garlic Bread Stick Chicken Bites   Santé Fe Wrap  	26 Hamburger or Cheeseburger   served with French Fries Chicken Tenders   Chicken Caesar Salad 	27 Veggie  Cheese Pizza   Pepperoni Pizza  
30 Homemade Grilled Cheese   with Tomato Soup Chicken Sandwich   Veggie Wrap   	31 Spaghetti and Meatsauce   with a Garlic Bread Stick Personal Pan Pizza   Taco Salad 	SLA Management is sensitive to the needs of all students with allergies; however we cannot be absolutely certain that all food products are free from potential allergens, notably peanut or peanut related products. If a student has a severe allergy we strongly advise you to consider other lunch options.		



MeatlessMonday is an international campaign that encourages people to not eat meat on Mondays to improve their health and the health of the planet.



\*Signature Meals Do Not Include Additional Side Selections

Limited Sides Available on Pizza Day

