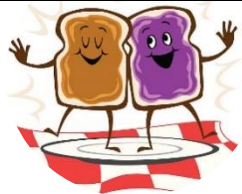




“Fasting cleanses the soul, raises the mind, subjects one’s flesh to the spirit, renders the heart contrite and humble...” ~ St. Augustine

Monday	Tuesday	Wednesday	Thursday	Friday
3. Chili Peanut Butter Sandwich Crackers Fruit	4. Baked Potato Bar Meat Broccoli Cheese Soup Fruit	5. Alfredo Plain-Shrimp (may add shrimp) Breadstick Salad Fruit	6. Chicken Pot Pie (New Style Biscuit on Side) Corn Fruit	7. Egg & Cheese Burrito Hashbrown Fruit
10. Chicken Quesadilla Spanish Rice Refried Beans Fruit	11. Pizza (Cheese or Sausage) Salad Fruit	12. BBQ Meatballs Bosco Stick (<i>Breadstick filled w/Cheese</i>) Green Beans Fruit	13. Salisbury Steak Roll Mashed Potatoes Fruit	14. Spaghetti with Pasta Sauce Garlic Bread Corn Fruit
17. Biscuits & Gravy Scrambled Eggs Fried Potato Fruit	18. Turkey Wrap Lettuce/Tomato Fresh Vegetable w/Ranch Fruit	19. Pulled Pork Macaroni Salad Baked Beans Fruit	20. Chicken & Waffles Fried Potatoes Fruit	21. Fish Sandwich on Bun Slaw Tots Fruit
24. Chicken Nachos Lettuce/Tomato/Olives Corn Fruit	25. Chef Salad w/Meat Toppings Fries Fruit	26. Hamburger on Bun Lettuce/Tomato Fries Fruit	27. Chicken Alfredo Pizza (<i>chicken, alfredo sauce, & cheese</i>) Salad Fruit	28. Grilled Cheese Fresh Vegetable w/Ranch Baked Chips Fruit
31. Orange Chicken Rice Mixed Vegetable Fruit	3rd-8th Alternate: Mon.-Thur. Turkey Sandwich 		Milk Available Daily 	



Ash Wed. & Fridays
Peanut Butter & Jelly

St. Mary's School

