

# FEBRUARY 2019

## Saint Amelia School

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

### DID YOU KNOW...

THE ROMAN MONTH FEBRUARIUS WAS NAMED AFTER THE LATIN TERM FEBRUUM, WHICH MEANS PURIFICATION, VIA THE PURIFICATION RITUAL FEBRUA HELD ON FEBRUARY 15 (FULL MOON) IN THE OLD LUNAR ROMAN CALENDAR.

PASTOR'S HOLIDAY  
NO SCHOOL

1

4  
Goulash  
Carrots  
Garden Green Salad  
Diced Peaches  
Milk

5  
Grilled Cheese Sandwich  
Tomato Soup  
Green Beans  
Applesauce  
WG Choc. Chip Muffin  
Milk

6  
Roasted Turkey  
Mashed Potatoes  
Gravy  
Corn  
Diced Peaches  
Milk

7  
Macaroni & Cheese  
Green Beans  
Mixed Fruit  
Chilled Juice Cup  
Milk

8  
Ch. & Pepperoni Pizza  
Pasta Salad  
MM Shape Up  
Diced Pears  
Milk

11  
French Toast Sticks  
Hash Brown Pattie  
Amanda's Bananas  
Pork Sausage Link  
Milk

12  
Cheeseburger on a bun  
Green Beans  
Baked Beans  
Chilled Juice Cup  
Milk

13  
Pizza Bagels  
Antipasta Salad  
Broccoli Florets  
Diced Pears  
Milk

14  
Chicken Nuggets  
Applesauce  
Garlic Noodles  
Diced Peaches  
Milk  
Valentine Treat

15  
Breaded Chicken Pattie  
on a bun  
French Fries  
Broccoli Florets  
Fruit Cocktail  
Milk

18  
WINTER RECESS  
NO SCHOOL

19  
WINTER RECESS  
NO SCHOOL

20  
NO SCHOOL  
FYI ... Did you know  
that we offer daily  
raw broccoli florets &  
roasted chick peas.  
Our daily salad bar also  
offers, spinach, tomatoes,  
cheese, meat, croutons  
plus much more.

21  
NO SCHOOL  
More FYI ...  
We offer skim milk,  
1% milk,  
fat free chocolate and  
low fat chocolate milk

22  
WINTER RECESS  
CONTINUES  
NO SCHOOL©

25  
Ch. & Pepperoni Pizza  
Chopped Romaine Salad  
Pudding Cup  
Diced Pears  
Baby Carrots  
Milk

26  
Meatloaf  
Mashed Potatoes  
Gravy  
Corn  
Diced Peaches  
Milk

27  
Spaghetti w/ plain or meat  
sauce  
Fruited Jello Cup  
Green Beans  
WG Dinner Roll  
Chilled Juice Cup  
Milk

28  
Grilled Mozzarella Cheese  
Sandwich  
Marinara Sauce  
Diced Peaches  
Broccoli Florets  
Milk

### "B" Lunches

Week of Feb. 4<sup>th</sup>  
Soft Shell Tacos  
Tomato Soup

Week of Feb. 11<sup>th</sup>  
Turkey Hot Dog on a bun  
Chicken Noodle Soup

Week of Feb. 18<sup>th</sup>  
NO SCHOOL

Week of Feb. 25<sup>th</sup>  
Chicken Fajitas  
Vegetable Soup

**School News**  
Make your life easier by signing up for your free myschoolbucks account and be able to manage your lunch accounts online. For more information please contact the cafeteria.

Free and reduced applications for breakfast and lunch are available throughout the year. If your family has a change in income, please try to take advantage of this program. For more information please contact the main office.

Remember that a fruit or vegetable must be taken for a complete meal in addition to at least 2 other items.

Breakfast is served M-F from 7:00 am until 7:40 am. Daily specials are also available. If you qualify for a free/reduced lunch you also qualify for a free or reduced breakfast.