



Co-Cathedral of St John the Evangelist

February
2021

Daily Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Crispy Chicken Sandwich OR Grilled Cheese Sandwich Golden French Fries Fruit & Vegetable	2 Meatballs and Gravy OR Popcorn Chicken Mashed Potatoes Steamed Corn Whole Grain Dinner Roll	3 Chicken & Cheese Quesadilla OR Soft Beef Tacos Spanish Rice Lettuce, Tomato and Cheese	4 Chicken Alfredo w/Pasta OR Pasta with Meat Sauce Green Beans Garlic Toast Fruit & Vegetable	5 Cheese Pizza OR Turkey Deli Sub Sandwich Steamed Peas Fruit & Vegetable
8 Beefy Nachos w/Cheese Sauce BBQ Rib Sandwich Roasted Corn Fruit & Vegetable	9 Cheeseburger on Bun OR Ham Deli Sandwich Golden French Fries Fruit & Vegetable	10 French Toast Scrambled Egg OR BBQ Chicken Sandwich Breakfast Potatoes Fruit & Vegetable	11 Crispy Chicken Sandwich OR Turkey BLT Wrap Kettle Potato Chips Fruit & Vegetable	12 Cheese Pizza OR Beef Taco Salad Steamed Corn Fruit & Vegetable
15 Crispy Chicken Tenders OR Turkey Deli Sub Sandwich Cheesy Mashed Potatoes Steamed Corn Fruit & Vegetable	16 Corn Dog OR Turkey BLT Wrap Golden French Fries Fruit & Vegetable	17 Grilled Cheese Sandwich OR Fish Nuggets Tomato Soup Fruit & Vegetable	18 Grilled Turkey & Cheese Sandwich Or BBQ Rib Sandwich Kettle Potato Chips Fruit & Vegetable	19 Cheese Pizza OR Fish Sandwich with Cheese Steamed Corn Fruit & Vegetable
22 Crispy Chicken Nuggets OR BBQ Chicken on WG Bun Tator Tots Steamed Corn Fruit & Vegetable	23 Beef Hotdog on a Bun OR Oven Roasted Brat on a Bun Macaroni & Cheese Fruit & Vegetable	24 Chicken Bites with Sweet and Sour Sauce OR Turkey Deli Sub Sandwich Brown Rice Fruit & Vegetable	25 Chicken Nachos & Canned Cheese Sauce OR Refried Beans Beef Taco Salad Fruit & Vegetable	26 Cheese Pizza OR Fish Sandwich with Cheese Roasted Broccoli Fruit & Vegetable
				 <p>Choose MyPlate.gov</p>

PRICES

EXTRA INFO

Breakfast is served daily. Options include: Hot Breakfast Sandwich, Breakfast Burrito, WG Donut, Cereal, Breakfast Bar or Breakfast Bread with Milk & Fruit

HARVEST OF



THE MONTH

Your MENUS plus more information on our app
Taher Food4Life®



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