



February Menu

ST. JOHAN

Monday

Tuesday

Wednesday

Thursday

Friday

New This Month:

February 2nd: *Pizza Dunkers*

This new product was voted the student's favorite during a pizza dipper taste test at the Junior High.

February 14th: *Crispy Fish Tacos*

Our Crispy Fish Tacos feature Alaskan Pollock, crunchy cabbage slaw, salsa, and tomatoes.

2

Pizza Dunkers & Marinara Sauce

Tossed Salad with Peas
Assorted Fresh Fruit

1

Meatball Sub

Fresh Veggies
Chilled Peaches

5

Hamburger

Evergreen Peas
Chilled Mixed Fruit

6

Cheese Ravioli

Steamed Broccoli
Strawberry Cup

7

Popcorn Chicken

Blueberry Lemon Bites
Sunbelievable Slushie
Applesauce Cup

8

BBQ Pork Sandwich

Baked Beans
Assorted Fresh Fruit

9

Pepperoni Pizza

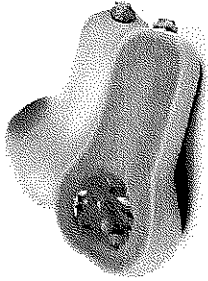
Roasted Potatoes
Chilled Peas

Menu Spotlight: Butternut Squash

Fast Facts:

Butternut squash is in the same family as pumpkins.

Wisconsin butternut squash is grown in the fall, but it can be stored for months and enjoyed all winter. Eating butternut squash can help skin and eye health.



Recipe Ideas:

Are you looking for a great way to add flavor and color to your winter meals? Butternut squash is a wonderful side dish or main meal. This sweet squash can be served roasted, mashed, or baked like a French fry. You can add it to warm rice salads, stews or casseroles. Did you know you can eat the peel!

See our **Nutrilice Interactive Menu**

for secondary choices: dce.nutrilice.com

Monday

12

Macaroni & Cheese

Carroteenies
Craisins

Tuesday

13

Mini Corn Dogs

Roasted Butternut
Squash
Chilled Peaches

Wednesday

14

Crispy Fish Tacos

Fiesta Black Beans
Strawberry Cup

Thursday

15

Hot Turkey & Gravy
with Dinner Roll

Whipped Potatoes
Frozen Slushie

Friday

16

Tony's Stuffed Crust
Cheese Pizza

Tossed Salad with
Cucumbers
Assorted Fresh Fruit

Monday

19

Turkey Chef Salad &
Bread Stick

Evergreen Peas
Strawberry Cup

Tuesday

20

Grilled Cheese
Sandwich

Creamy Tomato Soup
Chilled Peas

Wednesday

21

Cheddar Omelet

Cinnamon French
Toast Sticks & Syrup
Potato Smiles
Assorted Fruit Juice

Thursday

22

Lasagna & Garlic
Bread Stick

Tossed Salad
Chilled Peaches

Friday

23

No School

Did You Know?

The word *squash* is from the Narragansett Native American word *askutasquash* which means "eaten raw."

Challenge

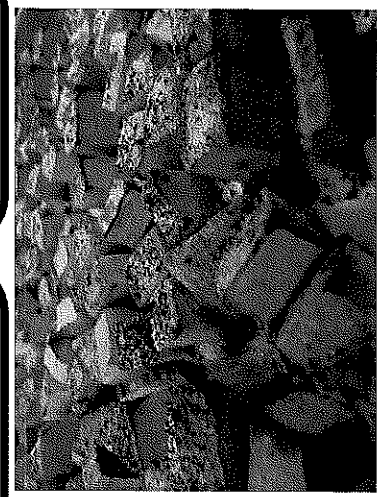
Try the Roasted Butternut Squash for lunch on February 13th.

Find a butternut squash at the grocery store. Compare the shape and color to the other types of squash.

Joke of the Month:

What do butternut squash do in their free time?

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This institution is an equal opportunity provider. Menus are subject to change.