



Blessed John Paul II High School January 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>Chef Salad w/ Baked Potato Avail- able / Milk, Chocolate Milk Available with Meal</i>	2 <i>Winter Break</i>	3 <i>Winter Break</i>	4 <i>Beef Tacos, Spanish Rice, Refried Beans, Lite Fruit Cocktail</i>	5 <i>Cheese Burger, Crinkle Cut Potatoes, Mixed Veggies, Fat Free Chocolate Pudding</i>	6 <i>Salisbury Steak, Brown Gravy, White Rice, Mixed Veggies, Roll, Jello</i>	7
8	9 <i>Ravioli with Marinara Sauce, Green Beans, Garlic Bread, Orange Wedge</i>	10 <i>Ft. Long Corn Dog, Baked Fries, Carrot Sticks, Lite Fruit Cocktail</i>	11 <i>Steak Fingers, Country Gravy, Mashed Potatoes, Steamed Corn, FF Choc. Pudding</i>	12 <i>Grilled Chicken on a Bun, Baked Beans, Crinkle Cut Potatoes, Sugar Free Cookie</i>	13 <i>Spaghetti Meatballs, Steamed Green Beans, Garlic Bread, Orange Wedge</i>	14
15	16 <i>Chicken Parme- san, Penne Pasta, Green Beans, Garlic Bread, Orange Wedge</i>	17 <i>Grilled Ham & Cheese, Mac n' Cheese, Vegetable Soup, Lite Peach Slices</i>	18 <i>Cheese Burger, Crinkle Cut Potatoes, Mixed Veggies, Fat Free Cookie</i>	19 <i>Chicken Strips with Country Gravy, Mashed Potatoes, Steamed Corn, Lite Pears</i>	20 <i>Salisbury Steak, Brown Gravy, White Rice, Mixed Veggies, Roll, LF Pudding</i>	21
22	23 <i>Spaghetti Meatballs, Steamed Green Beans, Garlic Bread, Orange Wedge</i>	24 <i>Chicken Pot Pie, Mashed Potatoes, Country Gravy, Steamed Corn LF Choc. Pudding</i>	25 <i>Cheese Enchiladas Spanish Rice, Refried Beans, Lite Fruit Cocktail</i>	26 <i>Chicken Strips, Cheesy Macaroni, Country Gravy, Steamed Carrots, SF Cookie</i>	27 <i>Foot Long Chili Hot Dog, Potato Wedges, Corn on the Cob, Sugar Free Cookie</i>	28
29	30 <i>Chicken Al- fredo, Steamed Green Beans, Garlic Bread, Orange Wedge</i>	31 <i>Steak Fingers, Country Gravy, Mashed Potatoes, Steamed Corn, FF Choc. Pudding</i>	1 <i>Beef Tacos, Spanish Rice, Refried Beans, Lite Fruit Cocktail</i>	2 <i>Cheese Burger, Crinkle Cut Potatoes, Mixed Veggies, Fat Free Chocolate Pudding</i>	3 <i>Grilled Ham & Cheese, Mac n' Cheese, Vegetable Soup, Lite Peach Slices</i>	4