

# DuBois Central Catholic School Lunch



Head Cook: Louise Vasbinder  
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Daily Variety Options May Include:  
Baby Carrots, Broccoli,  
Cauliflower, Green Peas, Legume  
Salad, Dark Green Salad, Celery,  
Cucumbers, Fresh Apples, Bananas,  
Oranges, Grapes, Kiwi, Cantaloupe,  
Watermelon, Pears, and Applesauce



Daily Variety Options May Include:  
Peanut Butter & Jelly Sandwich  
Turkey & Cheese Hoagie



Monday	Tuesday	Wednesday	Thursday	Friday
			Feb 1 Meatball Hoagie OR Crispy Chicken Sand- wich Mashed Potatoes Diced Peaches Fat Free Milk	Feb. 2 Fish Sandwich w/ Cheese OR Cheese Pizza Steamed Broccoli Pears Fat Free Milk
Feb.5 BBQ Rib Sandwich OR Chicken Nuggets w/ bread slice Sweet Potato Casserole Applesauce Fat Free Milk	Feb 6 Italian Chicken over Pasta OR Cheeseburger on bun Fresh Romaine Salad Pears Fat Free Milk	Feb. 7 Chicken Salad w/ fries and dinner roll OR Corn Dog Nuggets French Fries Mandarin Oranges Fat Free Milk	Feb. 8 Beef Fajitas OR Crispy Chicken Sand- wich Seasoned Carrots Banana Fat Free Milk	Feb 9 Toasted Cheese Sandwich w/ Tomato Soup OR Cheese Pizza Steamed Peas Mixed Fruit Fat Free Milk
Feb 12 Italian Hoagie OR Chicken Nuggets w/ bread Slice Corn Peaches Fat Free Milk	Feb 13 Chicken Bowl OR Cheeseburger on Bun Mashed Potatoes Fat Free Milk	Feb 14 Crispy Fish Sandwich OR Italian Dunkers Green Beans Fresh Oranges Fat Free Milk	Feb 15 BBQ Pulled Pork Sandwich OR Crispy Chicken Sand- wich Mashed Potatoes Diced Peaches Fat Free Milk	Feb 16 Macaroni and Cheese w/ Dinner Roll OR Cheese Pizza Sweet Potato Fries Pears Fat Free Milk
Feb 19 Chef Salad W/Pretzel OR Chicken Nuggets w. bread Oven Baked French Fries Fresh Apples Fat Free Milk	Feb 20 Buffalo Chicken Pizza OR Cheeseburger on Bun Baked Beans Sliced Pears Fat Free Milk	Feb 21 Soft Beef Taco w/ seasoned rice OR Corn Dog Nuggets Refried beans Fresh Orange Fat Free Milk	Feb 22 Spaghetti w/ Meat sauce w/ Garlic Bread Stick OR Crispy Chicken Sand- wich Steamed Carrots Peaches Fat Free Milk	Feb 23 NO SCHOOL IN SERVICE DAY
Feb 26 French Toast W/Sausage Patty OR Chicken Nuggets w/ bread Tater Tots Sliced Peaches Fat Free Milk	Feb 27 Orange Kissed Chicken Bowl OR Cheeseburger on Bun Broccoli Applesauce Fat Free Milk	Feb 28 Salisbury Steak w/ Dinner Roll OR Corn Dog Nuggets Buttered Corn Banana Fat Free Milk		



**\*Must take at least one 1/2 cup of fruit or vegetable**

\*Vegetable may includes:

- Broccoli Florets
- Baby Carrots
- Dark Leafy Greens
- Legume Salads
- Celery & Cucumber

**\*Fruits may include:**

- Crisp Apple
- Sliced Peaches
- Mixed Fruit
- Fresh Orange
- Banana
- Pineapple Tidbits
- Diced Pears
- Applesauce



**Milk Choices Offered Daily:**  
1% white, non-fat white, non-fat flavored

**Breakfast Prices**  
Paid \$1.00  
Reduced \$.30

**Lunch Prices:**  
Paid \$2.70  
Reduced \$.40

The USDA is an equal opportunity  
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**MENUS SUBJECT TO CHANGE**