










February 2021 Elementary Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Salisbury Steak Mashed Potatoes w/Gravy Glazed Carrots Fresh Fruit Chilled Applesauce (PK&Sat) Southern Butter Roll Milk</p>	<p>2</p> <p>Crispy or Soft Beef Taco Shredded Cheese Shredded Lettuce & Chopped Tomatoes Golden Corn Fresh Fruit Chilled Pears King Cake Milk <i>PK Option Only</i> Soft Beef Taco</p> <p>Bananas (PK) Fresh Fruit (Sat)</p> 	<p>3</p> <p>Brunch for Lunch Pancakes Sausage Tator Tots Grits Chilled Strawberries (PK&Sat) Milk</p>	<p>4</p> <p>Chicken Smackers White Beans with Rice Fresh Fruit Mandarin Oranges (PK&Sat) Milk</p> <p>One Line School Hamburger on Bun w/wo Cheese Shredded Lettuce/Tomato/Pickles Baked Beans Fresh Fruit Chilled Mandarin Oranges (PK&Sat) Milk</p>	<p>5</p> <p>Shepherd's Pie Broccoli with Cheese Fresh Fruit Chilled Peaches (PK&Sat) Garlic Roll Brownie Milk</p>
<p>8</p> <p>Red or White Beans Rice Chicken Smackers/Sausage Links (Chicken Smackers for PK only) Carrot Souffle or Glazed Carrots Fresh Fruit Mandarin Oranges (PK&Sat) Cornbread (if you still have cornmeal) Milk</p> <p>One Line School Fried Chicken Tenders Baked Beans Fresh Fruit Chilled Mandarin Oranges (PK&Sat) Milk</p>	<p>9</p> <p>Crispy or Soft Beef Taco Shredded Cheese Shredded Lettuce & Chopped Tomatoes Golden Corn Fresh Fruit Chilled Pears King Cake Milk <i>PK Option Only</i> Soft Beef Taco</p> <p>Bananas (PK) Fresh Fruit (Sat)</p> <p>MARDI GRAS FLING</p> 	<p>10</p> <p>Chicken & Broccoli Lo Mein Seasoned or Italian Green Beans Fresh Fruit Chilled Strawberries (PK&Sat) Milk</p>  <p>NUTRITION DAY Eggplant</p>	<p>11</p> <p>Chicken and Sausage Gumbo Rice Potato Salad Glazed Carrots or Carrot Souffle Fresh Fruit Chilled Pineapples (PK&Sat) French Bread Milk</p>	<p>12</p> <p>General Tso Chicken Smackers Fried Rice Steamed Broccoli Fresh Fruit Chilled Peaches (PK&Sat) Cookie Milk</p>  <p>CHINESE NEW YEAR</p>
<p>15</p> <p>SCHOOL CLOSED</p>  <p>PRESIDENT'S DAY AND LUNDI GRAS</p>	<p>16</p> <p>SCHOOL CLOSED</p>  <p>MARDI GRAS</p>	<p>17</p> <p>Shrimp Etouffee with Rice Caesar Salad Fresh Fruit Chilled Strawberries (PK&Sat) Garlic Roll Milk</p>  <p>ASH WEDNESDAY</p>	<p>18</p> <p>Loaded Nacho Supreme Bowl Shredded Lettuce & Tomatoes Golden Corn Fresh Fruit Chilled Pears (PK&Sat) Milk</p> <p><i>PK Option Only</i> Chicken Nuggets</p>	<p>19</p> <p>Fried Fish Macaroni & Cheese Carrot Souffle or Glazed Carrots Fresh Fruit Chilled Pineapples (PK&Sat) Rice Krispie Treat Milk</p> <p>One Line School White Grilled Cheese Sandwich Tots/Shoestring/Crinkle/Smiles Carrot Souffle or Glazed Carrots Fresh Fruit Chilled Pineapples (PK&Sat) Rice Krispie Treat Milk PK Fish Treasures</p>
<p>22</p> <p>Sweetheat Grilled Chicken Macaroni & Cheese Glazed Carrots Fresh Fruit Chilled Applesauce (PK&Sat) Milk</p>	<p>23</p> <p>Crispy or Soft Beef Taco Shredded Cheese Shredded Lettuce & Chopped Tomatoes Golden Corn Fresh Fruit Chilled Mandarin Oranges Cinnamon Roll Milk</p> <p><i>PK Option Only</i> Soft Beef Taco</p> <p>Bananas (PK) Fresh Fruit (Sat)</p>	<p>24</p> <p>Red or White Beans Rice Chicken Smackers/Sausage Links (Chicken Smackers for PK only) Fresh Fruit Chilled Strawberries (PK&Sat) Cornbread (if you still have cornmeal) Milk</p> <p>One Line School Chicken Sandwich on a Bun Baked Beans Shredded Lettuce/Tomato/Pickles Fresh Fruit Chilled Strawberries (PK&Sat) Milk</p>	<p>25</p> <p>Spaghetti & Meat Sauce Caesar Salad Fresh Fruit Chilled Pears (PK&Sat) Garlic Roll Milk</p>	<p>26</p> <p>Shrimp Gumbo Rice Potato Salad Steamed Green Beans Fresh Fruit Chilled Peaches (PK&Sat) Southern Butter Roll Cake Milk</p>

LENT & EASTER

ASH WEDNESDAY LENT BEGINS

Emphasizes our mortality and our need for ongoing repentance.

PALM SUNDAY

Commemorates Jesus' triumphal entry into the city of Jerusalem.

HOLY THURSDAY

Celebrates the Last Supper with the disciples and Passover.

DAYS OF FASTING

ASH WEDNESDAY
GOOD FRIDAY

WHAT IS FASTING?

One full meal and two smaller meals.

DAYS OF ABSTINENCE

ASH WEDNESDAY
GOOD FRIDAY
EVERY FRIDAY DURING LENT

WHAT IS ABSTINENCE?

No meat.

GOOD FRIDAY

We remember the Passion and Jesus' sacrifice for us on the cross.

EASTER SUNDAY HE HAS RISEN!

Alliлуйah! The principal feast of the ecclesiastical year. Jesus has risen!

Easter is an 8 day celebration leading to Easter Season, which ends on Pentecost.

40

The 40 days of Lent are based on two accounts: the 40 years of wandering by the Israelites and our Lord's 40 days in the wilderness at which point He was tempted by Satan.

PILLARS OF LENT

PRAYER
FASTING
ALMSGIVING

The key to understanding the meaning of Lent is simple: Baptism.



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- FIGHTS CANCER**
- PROTECTS AND NOURISHES BRAIN CELLS**
- PROMOTES DIGESTIVE HEALTH**
- MANAGES TYPE 2 DIABETES & HIGH BLOOD PRESSURE**
- HELPS IMPROVE SKIN QUALITY**
- HELPS MANAGE CHOLESTEROL LEVELS**
- HELPS KEEP OUR BONES STRONG**
- IMMUNE SYSTEM SUPPORT**

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