



# February 2024 Elementary Lunch Menu



Monday		Tuesday		Wednesday		Thursday		Friday	
						<b>Brunch for Lunch</b> Pancakes & Sausage Diced Potatoes Fresh or Steamed Baby Carrots Fruit Slushie		Salisbury Steak Mashed Potatoes w/Gravy Roasted Broccoli Cheesy Breadstick Diced Peaches 	
General Tso Chicken Smackers Fried Rice Steamed Broccoli Roasted Cauliflower Mandarin Oranges		Chicken Taco Crispy or Soft (PK) Shredded Cheese Salsa Golden Corn Chilled Strawberries		Spaghetti & Meat Sauce Caesar Salad Cheesy Breadstick Chilled Peaches		<b>Mardi Gras Fling</b> Chicken and Sausage Gumbo Steamed Rice Steamed Broccoli Seasoned Green Beans Grapes Applesauce (PK) King Cake		Chicken Smackers Red Beans and Rice Baby Carrots SideKicks Be Mine Strawberry & Cream	
 <p><b>LUNDI GRAS</b> <b>NO SCHOOL</b></p>		 <p><b>HAPPY MARDI GRAS</b> <b>NO SCHOOL</b></p>		 <p><b>ASH WEDNESDAY</b> <b>NO SCHOOL</b></p>		 <p><b>MARDI GRAS HOLIDAY</b> <b>NO SCHOOL</b></p>		 <p><b>MARDI GRAS HOLIDAY</b> <b>NO SCHOOL</b></p>	
Roasted Chicken Baked Beans Mashed Potatoes w/Gravy Cheesy Breadstick Mixed Berries <b>PK Only:</b> Chicken Nuggets 		Mexican Pizza Salsa Golden Corn Chilled Strawberries Homemade Cinnamon Roll		Italian Bake Roasted Cauliflower Cheesy Breadstick Orange Banana (PK)  <p><b>Nutrition Day</b> Brussels Sprouts</p>		Chicken & Sausage Jambalaya Glazed Sweet Potatoes Seasoned Green Beans Chilled Pineapples Cheesy Breadstick Fudge Brownie		Seafood Gumbo Steamed Rice Potato Salad Roasted Broccoli Fruit Slushie	
Sweet Heat Meatballs Macaroni and Cheese Roasted Cauliflower Seasoned Green Beans Mixed Berries		Crispy or Soft (PK) Beef Taco Shredded Cheese Salsa Golden Corn Chilled Strawberries Homemade Cinnamon Roll		Cheesy Chicken Fiesta Pasta Glazed Carrots Steamed Broccoli Cheesy Breadstick Apple Banana (PK)		BBQ Chicken Baked Beans Mashed Potatoes w/Gravy Chilled Peaches Cheesy Breadstick Fresh Baked Cookie 			

## WHAT WE LEARN FROM Black History


## What are you doing for Lent?

10 IDEAS FOR A MORE MEANINGFUL LENTEN SEASON

- 1. Give up sin**  
Show your love for God by keeping his commandments. Turn away from sins.
- 2. Fast**  
An empty stomach can lead to more attentive prayer. Give the money you saved on food to others in need.
- 3. Pray**  
Be in constant prayer. Pray for your family and friends, for those who suffer, and for the Church and the world.
- 4. Do good works**  
Help those in need. Pray for them and be ready to serve them in their time of need.
- 5. Give alms**  
Help the poor and support the good works of the Church. Give cheerfully to God who has given us everything we have.
- 6. Abstain**  
Give up meat or other desirable foods during Lent, especially on Friday, the day of Christ's saving death on the cross.
- 7. Do meditative reading**  
Nourish your faith by spending time in quiet reading and reflection. Prayerful reading of God's word each day will open your heart to the Spirit and let God's thoughts and ways influence yours.
- 8. Control desire for possessions**  
Build up treasures in heaven rather than on earth. Cut down on material possessions, eliminate frills, lessen wants, share yourself, your time and your talents - with others.
- 9. Control desire for entertainment**  
Too much entertainment and other distractions can lead to less or no time for the works of the Lord.
- 10. Carry out duties in life**  
Serve God by living out your vocation in love each day. God is calling each of us to be a living sacrifice. Offer your daily life through Christ!

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# MARDI GRAS