

# February

## CAPE GIRARDEAU PUBLIC SCHOOLS ELEMENTARY LUNCH

**Peanut Butter or PBJ Served Daily**

Monday

Tuesday

Wednesday

Thursday

Friday

### February Highlights

**AMERICAN HEART MONTH  
BLACK HISTORY MONTH  
CHILDREN'S DENTAL HEALTH MONTH  
LIBRARY LOVER'S MONTH  
NATIONAL CHERRY MONTH**

1  
CHEESY BAKED LASAGNA CASSAROLE  
OR  
TURKEY & CHEESE ON WHEAT BUN  
CANDIED CARROTS  
FRESH BAKED WHEAT HOT ROLL  
CINNAMON APPLESAUCE  
MILK-VARIETY OF FLAVORS

2  
FISH SQUARE W/ CHEESE ON BUN  
OR  
HAM & CHEESE ON WHEAT  
BUN  
POTATO TOTS  
SLICED PEACHES  
MILK-VARIETY OF FLAVORS

3  
CRISPY BEEF TACOS  
OR  
TURKEY & CHEESE ON WHEAT BUN  
REFRIED BEANS  
GREEN BEANS  
APPLE CRISP  
MILK-VARIETY OF FLAVORS

**Groundhog Day**

**Elmo's Birthday**

6  
CORN DOG  
OR  
TURKEY & CHEESE ON WHEAT BUN  
WHOLE KERNEL CORN  
CHILLED PEARS  
VANILLA WAFERS  
MILK-VARIETY OF FLAVORS

7  
CHEESEBURGER ON WHEAT BUN  
OR  
HAM & CHEESE ON WHEAT BUN  
FRENCH FRIES  
FRESH APPLE SECTIONS  
MILK-VARIETY OF FLAVORS

8  
BITE SIZE RAVIOLI  
OR  
TURKEY & CHEESE ON WHEAT BUN  
PEAS & CARROTS  
FRESH BAKED WHEAT HOT ROLL  
PINEAPPLE TIDBITS  
MILK-VARIETY OF FLAVORS

9  
CHILI CHEESE NACHOS  
OR  
HAM & CHEESE ON WHEAT BUN  
GREEN BEANS  
PINK APPLESAUCE  
MILK-VARIETY OF FLAVORS

10  
WHOLE GRAIN CHEESE OR  
PEPPERONI PIZZA SLICE  
OR  
TURKEY & CHEESE ON WHEAT BUN  
VEGETABLE BLEND W/CHEESE  
PEACH CRISP  
MILK-VARIETY OF FLAVORS

13  
CHICKEN NUGGETS  
WHOLE WHEAT BREAD  
OR  
TURKEY & CHEESE ON WHEAT BUN  
CHICKEN AND HERB RICE  
SLICED PEACHES  
MILK-VARIETY OF FLAVORS

14  
CRISPITO W/NACHO CHEESE SAUCE  
OR  
HAM & CHEESE ON WHEAT BUN  
CORN ON THE COB  
CINNAMON BAKED APPLES  
VALENTINE MARSHMALLOW TREAT  
MILK-VARIETY OF FLAVORS

15  
BEEF STEAK  
BROWN GRAVY  
OR  
TURKEY & CHEESE ON WHEAT BUN  
WHIPPED POTATOES  
BROWN GRAVY  
FRESH BAKED WHEAT HOT ROLL  
PINEAPPLE TIDBITS  
MILK-VARIETY OF FLAVORS

16  
HOT DOG ON WHEAT BUN  
OR  
HAM & CHEESE ON WHEAT BUN  
MACARONI & CHEESE  
MIXED FRUIT CUP  
MILK-VARIETY OF FLAVORS

17  
NO SCHOOL TODAY  
PARENT TEACHER COMPENSATION  
DAY

20  
NO SCHOOL TODAY  
PRESIDENT'S DAY



21  
NO SCHOOL TODAY  
PROFESSIONAL DEVELOPMENT DAY



**MARDI GRAS**

22  
SPAGHETTI WITH MEAT SAUCE  
OR  
TURKEY & CHEESE ON WHEAT BUN  
BROCCOLI W/ CHEESE SAUCE  
GARLIC BREAD STICK  
PINEAPPLE TIDBITS  
MILK-VARIETY OF FLAVORS

**George Washington's Birthday  
ASH WEDNESDAY**

23  
TACO SALAD  
OR  
HAM & CHEESE ON WHEAT BUN  
GREEN BEANS  
CHILLED PEARS  
MILK-VARIETY OF FLAVORS

24  
PEPPERONI PIZZATAS W/  
MARINARA SAUCE  
OR  
TURKEY & CHEESE ON WHEAT BUN  
WHOLE KERNEL CORN  
STRAWBERRY SHORTCAKE  
MILK-VARIETY OF FLAVORS

27  
BRD PORK CHOP  
BROWN GRAVY  
OR  
TURKEY & CHEESE ON WHEAT BUN  
WHIPPED POTATOES  
BROWN GRAVY  
PINK APPLESAUCE  
CHEWY OATMEAL CRANBERRY  
COOKIE  
MILK-VARIETY OF FLAVORS

28  
CRISPITO W/NACHO CHEESE SAUCE  
OR  
HAM & CHEESE ON WHEAT BUN  
WHOLE KERNEL CORN  
CHILLED PEARS  
MILK-VARIETY OF FLAVORS

29  
VEGETABLE BEEF SOUP  
TOASTED CHEESE SANDWICH  
PB OR PB & J SANDWICH  
OR  
TURKEY & CHEESE ON WHEAT BUN  
FRESH VEGETABLES W/  
RANCH DRESSING  
SLICED PEACHES  
MILK-VARIETY OF FLAVORS

1  
BRD CHICKEN PATTY ON WHEAT BUN  
OR  
HAM & CHEESE ON WHEAT BUN  
CANDIED CARROTS  
PINEAPPLE TIDBITS  
MILK-VARIETY OF FLAVORS

2  
BRD MOZZARELLA CHEESE STICKS  
W/ MARINARA SAUCE  
OR  
TURKEY & CHEESE ON WHEAT BUN  
GREEN PEAS  
CHERRY CRISP  
MILK-VARIETY OF FLAVORS