



FEBRUARY | 2024

Saint Joseph School



LENTEN DISCIPLINES OF FASTING & ABSTINENCE

Abstinence: Ages 14 and up must abstain from meat on Ash Wed, Good Fri, and all Fridays of Lent.

Fasting: Ages 18-59 must fast on Ash Wed and Good Friday (one main meal, two smaller meals, no snacks in between) unless pregnant or exempt for medical reasons.

			THURSDAY	FRIDAY
5	Saint Agatha		1 Celebrating Vocations Saint Brigit Lasagna Green Beans Garlic Bread Brownie Milk	2 Celebrating Faculty, Staff & Volunteers Presentation of the Lord Cheese Pizza Salad & Croutons Oreo and Milk
		6 Saint Paul Miki	8 Saint Josephine Bakhita	9
Bow Tie Pasta Meatballs Salad Garlic Bread Milk	Ham & Cheese Curly Fries Fruit Meiji Panda Cookie Milk	7 1:00 Dismissal Mini Corn Dogs Chips Fruit Cookie Milk	Taquitos Nachos Nacho Cheese Date Chocolate Pudding & Milk	Fish Sticks Mac and Cheese Apple Sauce Dinner Roll Milk
12		13 Fat Tuesday	15	16
Chicken Tenders Mashed Potatoes Corn on Cob Dinner Roll Milk	Papa John's Pizza Go-Gurt Fruit Snack Valentine's Cookie Milk	14 Ash Wednesday Day of Abstinence and Fasting Cheese Sticks Salad & Croutons Grapes Milk	Chicken Quesadilla Nachos Salsa Fruit Milk	Archbishop Holiday No School for Staff and Students
19		20	22	23
Presidents Day No School for Staff and Students	Diocesan In-Service No School for Students	21 Saint Peter Damian Corn Dog Cheese Balls Strawberries Red Velvet Cookies Milk	The Chair of Saint Peter Chicken Noodle Soup Crackers & Cheese Rainbow Gold Fish Fruit & Milk	Saint Polycarp Day of Abstinence Scrambled Eggs Biscuit & Go-gurt Banana Flame Cake Milk
26		27	29	1
Fried Chicken Mashed Potatoes Green Beans Dinner Roll Milk	Papa John's Pizza Go-Gurt Fruit Snack Cookie Milk	28 Hot Dog Tater Tots Fruit Cookie Milk	French Toast Sticks Bacon Strawberries Grapes Milk	

Lunch Options

Hot Lunch \$3.50
Tossed Salad \$3.50
Sack Lunch \$3.50

Lunch options above include milk

Extra Entrée \$1.75
Extra Side .95
Milk .85
Bottled Water \$1.25
Gatorade \$2.00

Daily A la Cart Items

Pop Tarts \$1.25
Potato Chips \$1.00
Rice Krispie \$1.00
Fruit Roll Up \$1.00
Ice Cream \$1.25
Cookies .75

**Monday/Thursday
Ice Cream**

