



# March 2025 St. Thérèse Academy Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
 <b>LUNDI GRAS</b> <b>NO SCHOOL</b>	 <b>HAPPY MARDI GRAS</b> <b>NO SCHOOL</b>	 <b>ASH WEDNESDAY</b> <b>NO SCHOOL</b>	 <b>MARDI GRAS HOLIDAY</b> <b>NO SCHOOL</b>	 <b>MARDI GRAS HOLIDAY</b> <b>NO SCHOOL</b>
Spaghetti & Meat Sauce Oven Roasted Broccoli Southern Butter Roll (WG) Choice of 2 Fresh Fruits	Chicken Tenders Shoestring Fries Baked Beans <b>OR</b> Red Beans Choice of 2 Fresh Fruits Southern Butter Roll (WG)	Chicken & Sausage Gumbo Steamed Brown Rice Seasoned Green Beans Potato Salad Chilled Strawberries Diced Peaches Southern Butter Roll (WG) Fudge Brownie	Hamburger w/wo Cheese (WG) Lettuce/Tomato/Pickles Spicy Fries Chilled Strawberries Fresh Fruit	Macaroni and Cheese Entree (WG) Glazed Carrots Caesar Salad Mandarin Oranges Fresh Fruit
Chicken Nuggets Southern Butter Roll (WG) Shoestring Fries Baked Beans Green Grapes Diced Peaches   <b>St. Patrick's Day</b>	Soft or Crunchy Beef Tacos (WG) Shredded Cheese Sour Cream and Sliced Jalapenos Golden or Fiesta Corn Salsa Choice of 2 Fresh Fruits	 Garlic Shrimp Spaghetti (WG) with Red Sauce Cheesy Cauliflower Choice of 2 Fresh Fruits Chocolate Chip Cookie  <b>Nutrition Day:</b> Pears 	Shepherd's Pie Seasoned Green Beans Southern Butter Roll (WG) Chilled Strawberries Fresh Fruit	Cheese Pizza (WG) Spicy Fries Caesar Salad Applesauce Fresh Fruit
<b>Louisiana School Lunch Week (LSLW)</b>				
Chicken Sandwich (WG) Shoestring Fries Cheesy Broccoli Diced Peaches Fresh Fruit	Soft or Crunchy Beef Tacos (WG) Shredded Cheese Sour Cream and Sliced Jalapenos Salsa Golden or Fiesta Corn Choice of 2 Fresh Fruits	Hamburger w/wo Cheese (WG) Lettuce/Tomato/Pickles Spicy Fries Baked Beans Choice of 2 Fresh Fruits Sugar Cookie	<b>Brunch for Lunch</b> Chicken & Waffles (WG) Diced Potatoes Glazed Carrots Buttered Grits Chilled Strawberries Fresh Fruit	Fried Shrimp w/wo Bang Bang Sauce Herb Parsley Brown Rice Caesar Salad Seasoned Green Beans Fruit Slushie and Fresh Fruit
Sweet Heat Meatballs Macaroni and Cheese (WG) Caesar Salad Baked Beans Diced Peaches Fresh Fruit Southern Butter Roll (WG)				



**March 19, Solemnity of Saint Joseph, Spouse of the Blessed Virgin Mary**

*Let us be inspired by the life of Saint Joseph: His humility, His willingness to listen to the voice of God. His unconditional love and protection for his wife and his child.*

### 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 alms.
- 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.

Text from Catechism Conference of Catholic Bishops "100 Days of Lent"

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Lactose-free, low fat chocolate or low fat white milk offered with all meals. ~ Fresh fruit options are grapes, oranges, bananas or apples. ~ WG=Whole Grain Rich \*Menus are subject to change.\*

**This institution is an equal opportunity provider.**