

September

**ST. JOSEPH CATHEDRAL SCHOOL**

What's for Lunch?

	Monday	Tuesday	Wednesday	Thursday	Friday
	31	1	2	3	4
<b>Adult Lunch \$3.50</b> <b>Student Lunch \$2.75</b> <b>Meal includes:</b> One whole grain bread item One protein item One serving of vegetables One serving of fruit Carton of milk	<b>1. Pizza Bites</b>	<b>1. Salisbury Steak</b>	<b>1. Taco Crunch</b>	<b>1. Hot Dog Bar</b>	<b>1. Breakfast Bar</b>
	<b>2. Chef Salad Veggie</b>	<b>2. Chef Salad</b>	<b>2. Chef Salad</b>	<b>2. Chef Salad</b>	<b>2. Garden Salad</b>
	<b>Fruit</b>	<b>Mashed Potatoes w Gravy</b>	<b>Taco Meat or Chicken Fajita Meat</b>	<b>Beef Chili</b>	<b>Scrambled Eggs</b>
		<b>Fruit</b>	<b>Beans</b>	<b>Broccoli &amp; Cheese</b>	<b>Pancakes</b>
			<b>Fruit</b>	<b>Fruit</b>	<b>Hash Browns</b>
	7	8	9	10	11
	<b>No School</b>	<b>1. BBQ Pulled Pork on a Bun</b>	<b>1. Chicken Strips</b>	<b>1. Pasta with Meat Sauce</b>	<b>Grilled Cheese</b>
		<b>2. Chef Salad Veggie</b>	<b>2. Chef Salad</b>	<b>2. Chef Salad</b>	<b>2. Garden Salad</b>
		<b>Fruit</b>	<b>Fruit</b>	<b>Veggie</b>	<b>Tomato Soup</b>
				<b>Fruit</b>	<b>Fruit</b>
	14	15	16	17	18
	<b>1. Corn Dogs</b>	<b>Grilled Chicken</b>	<b>1. Hamburgers</b>	<b>Kid's Choice</b>	<b>1. Lasagna Cheese</b>
	<b>2. Chef Salad Veggie</b>	<b>Parmesan</b>	<b>2. Chef Salad</b>	<b>1. Bosco Stick</b>	<b>Roll Up</b>
	<b>Fruit</b>	<b>2. Chef Salad Veggie</b>	<b>Oven Fries</b>	<b>Veggie</b>	<b>2. Garden Salad</b>
		<b>Fruit</b>	<b>Fruit</b>	<b>Strawberries</b>	<b>Veggie</b>
				<b>Ice Cream</b>	<b>Fruit</b>
				<b>GF Grilled Cheese</b>	<b>GF Pasta Bake</b>
	21	22	23	24	25
<b>Gluten free meals are offered daily, highlighted in yellow on the menu. Please ask if unsure.</b>  <b>Lunch meat or sun butter &amp; jelly sandwiches offered daily</b>	<b>1. BBQ Rib Patty or Gyro</b>	<b>1. Chicken Strips</b>	<b>1. Meatball Sub</b>	<b>1. Pizza</b>	<b>No School</b>
	<b>2. Chef Salad Veggie</b>	<b>2. Chef Salad</b>	<b>2. Chef Salad</b>	<b>2. Chef Salad</b>	
	<b>Fruit</b>	<b>Veggie</b>	<b>Veggie</b>	<b>Veggie</b>	
		<b>Fruit</b>	<b>Fruit</b>	<b>Fruit</b>	
	28	29	30		
	<b>1. Grilled Chicken Sandwich</b>	<b>1. Roasted Turkey</b>	<b>Papa Murphy's</b>		
	<b>2. Chef Salad Veggie</b>	<b>2. Chef Salad</b>	<b>1. Pizza</b>		
	<b>Fruit</b>	<b>Mashed Potatoes w Gravy</b>	<b>2. Chef Salad</b>		
		<b>Fruit</b>	<b>Veggie</b>		
		<b>Fruit</b>			



Meals are subject to change  
 This institution is an equal opportunity employer