

September	ST. JOSEPH CATHEDRAL SCHOOL				What's for Lunch?
	Monday	Tuesday	Wednesday	Thursday	Friday
			1	2	3
			Pasta w/Meat Sauce	Hot Dog Bar	Breakfast Bar
			Vegetable	Chili	Pancakes
Adult Lunch \$3.00			Fruit	Corn	Scrambled Eggs
Student Lunch \$2.75				Fruit	Hashbrowns
Meal includes:					Juice
One whole grain bread item			Chef Salad	Chef Salad	Garden Salad
One protein item	6	7	8	9	10
One serving of vegetables	Labor Day	Chicken Strips	Sloppy Joes	Taco Crunch	Pretzel w/Cheese
One serving of fruit	No School	Mashed Potatoes	Green Beans	Beef or Chicken	Broccoli
Carton of milk		Fruit	Fruit	Refried Beans	Parfaits
			Chips	Fruit	
		Chef Salad	Chef Salad	Chef Salad	Garden Salad
	13	14	15	Class Choice	17
	Corn Dog	Hamburgers	Chicken Nuggets	Bosco Cheese Sticks	Bean & Cheese Burrito
	Carrots	French Fries	Mashed Potatoes	Green Beans	Corn
	Fruit	Fruit	Fruit	Strawberries	Fruit
				Ice Cream Sandwich	Chocolate Cake
	Chef Salad	Chef Salad	Chef Salad	Chef Salad	Garden Salad
	20	21	22	23	24
Gluten-free meals are offered daily, highlighted in yellow on the menu. Please ask if unsure.	Chicken Fried Steak	Meatball Subs	Chicken Nuggets	Hamburgers	
	Mashed Potatoes/Gravy	Salad	Carrots	French Fries	No School
	Green Beans	Fruit	Fruit	Fruit	
	Fruit				
	Chef Salad	Chef Salad	Chef Salad	Chef Salad	
Lunch meat or sun butter/ jelly sandwiches are offered daily.	27	28	29	30	1
	Corn Dogs	Crispitos	Chicken Sandwich	Nachos w/ Taco Meat	Grilled Cheese
	Peas	Salad	Tator Rounds	Cheese Sauce	Tomato Soup
	Fruit Cocktail	Fruit	Fruit	Beans	Fruit
				Fruit	Cookie
	Chef Salad	Chef Salad	Chef Salad	Chef Salad	Garden Salad

