

# September 2017 Resurrection Catholic Middle and High School

## LUNCH



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.  
**This institution is an equal opportunity provider and employer**



Monday

Tuesday

Wednesday

Thursday

Friday



1) Fruit Yogurt Plate **1**  
 2) Bacon Cheeseburger  
 French Fries/Raw Veggies  
 Fruit

LABOR DAY  
 NO SCHOOL

4

1) Chicken Nuggets/Roll **5**  
 2) Pizza  
 Steamed Broccoli  
 Cheese Potatoes  
 Fruit

1) Chef Salad/Crackers **6**  
 2) Quesadilla  
 3) Turkey & Cheese Wrap  
 Corn/Side Salad  
 Fruit/Juice

1) Chef Salad/Crackers **7**  
 2) Steak Fingers/Roll  
 3) Hamburger  
 Mashed Potatoes/Gravy  
 Green Peas/Fruit

1) Chef Salad/Crackers **8**  
 2) Chili Cheese dog  
 3) Sausage Pizza  
 Tossed Salad/Mixed Veggies  
 Fruit

1) Pepperoni Pizza **11**  
 2) Beef Steak Cheeseburger  
 Buttered Potatoes  
 Green Beans  
 Fruit

1) Corn Dog Nuggets **12**  
 2) Grilled Chicken Sandwich  
 Baked Beans/Mixed Veggies  
 Fruit

1) Chef Salad/Crackers **13**  
 2) Red Beans w/rice  
 3) Hamburger  
 Turnip Greens/Side  
 Salad/Cornbread/Fruit

1) Chef Salad/Crackers **14**  
 2) H. B. Chicken Wings  
 3) Turkey Wrap  
 Green Peas/Tossed Salad  
 Fruit

1) Chef Salad/Crackers **15**  
 2) Sloppy Joe Bun  
 Potato Tots/Cole Slaw  
 Fruit

1) Chicken Strips/Roll **18**  
 2) Meat Ball bread bowl  
 Green Beans/Carrots  
 Fruit

1) Quesadilla **19**  
 2) Grilled Chicken Sandwich  
 Green Peas/Corn  
 Fruit

1) Chef Salad/Crackers **20**  
 2) Chicken Spaghetti/Rolls  
 3) Corndog  
 Lima Beans/Cali Veggies  
 Fruit

1) Chef Salad/Crackers **21**  
 2) Stuffed Crust Pizza  
 3) Fish Nuggets  
 Mixed Veggies/Side Salad  
 Fruit

1) Chef Salad/Crackers **22**  
 2) Spicy Chicken Sandwich  
 3) Grilled Chicken Sandwich  
 Baked Potato/Raw Veggies  
 Fruit

1) Mandarin Chicken **25**  
 Fried Rice  
 2) B.B.Q Rib on Hoagie  
 Green Beans/Carrots  
 Fruit

1) Tuna w/Bread Bowl **26**  
 2) Philly Cheese Steak  
 Sandwich  
 Steamed Broccoli/Potato  
 Wedges/Fruit

1) Chef Salad/Crackers **27**  
 2) Nacho Grande  
 3) Deli Sub  
 Corn/Side Salad  
 Fruit

1) Chef Salad/Crackers **28**  
 2) Stromboli  
 3) Ham Wrap  
 Garden Salad/Corn  
 Fruit

1) Chef Salad/Crackers **29**  
 2) Chicken Noodle Soup  
 w/Grilled Cheese  
 Green Peas/Raw Veggies  
 Fruit