

September 2017 Resurrection Catholic 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
 2)Cheese Burger/F.F
 Raw Veggies
 Fruit/Juice

1

LABOR DAY
 NO SCHOOL

4

1)Chicken Strips/Roll
 2)Pizza
 Steamed Broccoli/Potatoes
 Fruit/Juice

5

1)Chef Salad/Crackers
 2)Quesadilla
 Corn/Side Salad
 Fruit/Juice

6

1)Fruit Yogurt Plate
 2)Steak Fingers
 Mashed Potatoes/Gravy
 Green Peas/Roll
 Fruit/Juice

7

1)Fruit Yogurt Plate
 2)Hot dog
 F.F./Raw Veggies
 Fruit /Juice

8

1)Chicken Nuggets/Roll
 2)Stuffed Crust Pizza
 Buttered Potatoes
 Green Beans
 Fruit/Juice

11

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

12

1)Chef Salad/Crackers
 2)Mexican Pizza
 Corn/Side Salad
 Fruit/Juice

13

1)Fruit Yogurt Plate
 2)Honey Baked Chicken
 Wings/California Veggies
 Green Peas
 Fruit/Juice

14

1)Fruit Yogurt Plate
 2)Sloppy Joes Sliders
 F.F./Raw Veggies
 Fruit/Juice

15

1)Chicken Strips/Roll
 2)Meat Ball Sub
 Green Beans/Carrots
 Fruit/Juice

18

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

19

1)Chef Salad/Crackers
 2)Stuffed Crust Pizza
 Mixed Veggies/Side Salad
 Fruit/Juice

20

1)Fruit Yogurt Plate
 2)Spaghetti/Cheesy Bread
 Lima Beans/California Veggies
 Fruit/Juice

21

1)Fruit Yogurt
 2)Spicy Chicken Sandwich
 F.F./Raw Veggies
 Fruit/Juice

22

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

25

1)Tuna w/Bread Bowl
 2)Philly Cheese Steak
 Sandwich
 Steamed Broccoli/Potatoes
 Fruit/Juice

26

1)Chef Salad/Crackers
 2)Nacho Grande
 Corn/Side Salad
 Fruit/Juice

27

1)Fruit Yogurt Plate
 2)Stromboli
 Green Peas/Corn
 Fruit/Juice

28

1)Fruit Yogurt Plate
 2)Grilled Cheese
 F.F./Raw Veggies
 Fruit/Juice

29