

September 2018 Resurrection Catholic Elementary 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

LABOR DAY

3

- 1)Corndog s
- 2)Grilled Chicken Sandwich...
- Mixed Veggies/Squash
- Fruit/Juice

4

- 1)Chef Salad/Crackers
- 2)Chicken Strips
- Mashed Potatoes/Lima Beans
- Roll/Fruit/Juice

5

- 1)Fruit Yogurt Plate
- 2)Pizza/Corn/Side Salad
- Fruit/Juice

6

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

7

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

10

- 1)Mandarin Chicken
- Fried Rice
- 2)B.B.Q Rib on Hoagie
- Broccoli/Mixed Veggies
- Fruit/Juice

11

- 1)Chef Salad/Crackers
- 2)Steak Fingers/Rice
- Gravy/Lima Beans/Roll
- Fruit/Juice

12

- 1)Fruit Yogurt Plate
- 2)Fish Nuggets
- Black Eyed Peas/Carrots
- Fruit/Juice

13

- 1)Fruit Yogurt Plate
- 2)Hot Dog/F.F/Side Salad
- Fruit/juice

14

- 1)Cheesy Chicken/Rice
- 2)Pizza
- Squash/California Veggies
- Roll/Fruit/Juice

17

- 1)Corn Dog
- 2)Grilled Chicken Sandwich
- Baked Beans/Broccoli
- Fruit/Juice

18

- 1)Chef Salad/Crackers
- 2)Nacho Grande
- Mixed Veggies/Side Salad
- Fruit/Juice

19

- 1)Fruit Yogurt Plate
- 2)Ranch Baked Chicken
- Mashed Potatoes/Green
- Beans/Roll/Fruit/Juice

20

- 1)Fruit Yogurt Plate
- 2)Grilled Cheese Sandwich
- F.F./Fruit/Juice

21

- 1)Chicken Strips/Roll
- 2)Pizza
- Potatoes/Green Peas
- Fruit/Juice

24

- 1)Spaghetti
- 2)Hot Ham Cheese
- Lima Beans/California Veggie
- Fruit/Juice

25

- 1)Chef Salad/Crackers
- 2)Hamburger Patty/Rice
- Gravy/Green Beans/Carrots
- Roll/Fruit/Juice

26

- 1)Fruit Yogurt Plate
- 2)Mexican Pizza
- Corn/Side Salad
- Fruit/Juice

27

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

28

