

# September 2020

## Resurrection Catholic Elementary School

### LUNCH



**This institution is an equal opportunity provider**



**Nutrition Tip:** With September being Whole Grains month, try increasing your whole grain intake by snacking on ready-to-eat whole grain cereals, whole grain crackers or popcorn.

Reference: USDA MyPlate



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

Calzone 1  
Spicy Chicken Sandwich  
Black Eyed Peas  
Mixed Veggies  
Fruit/Juice

Fruit Yogurt Plate 2  
Corn Dog  
Baked Beans  
California Veggies  
Fruit/Juice

Chef Salad/Crackers 3  
Chicken Nuggets/roll  
Mashed Potatoes  
Lima Beans  
Fruit/Juice

Fruit Yogurt Plate 4  
Grilled Cheese  
Sandwich  
French Fries/Carrots  
Fruit/Juice

7  
LABOR DAY

8  
Steak Fingers/Rice-Gravy/Roll  
B.B.Q Chicken Sandwich  
Mixed Veggies/Squash  
Fruit/Juice

9  
Fruit Yogurt Plate  
Spaghetti/Garlic Bread  
Green Peas/Carrot Coins  
Fruit/Juice

10  
Chef Salad/Crackers  
Chicken Fajita  
Corn/Side Salad  
Fruit/Juice

11  
Fruit Yogurt Plate  
B.B.Q Pulled Pork  
Sandwich/Tater Tots  
Fruit/Juice

14  
Chicken Strips/Roll  
Pizza  
Green Beans  
Diced Buttered Potatoes  
Fruit/Juice

15  
Hamburger Patty  
Rice-Gravy/Roll  
Hot-Ham Cheese sub  
Green Peas/California Veggies/Fruit/Juice

16  
Fruit Yogurt Plate  
Hot Dog  
Baked Beans/Side Salad  
Fruit/Juice

17  
Chef Salad/Crackers  
Fish Nuggets  
Mac-Cheese/Black Eyed Peas  
Mixed Veggies  
Fruit/Juice

18  
Fruit Yogurt Plate  
Cheese Burger  
French Fries/Raw Veggies  
Fruit/Juice

21  
Chicken Legg/Roll  
Pizza  
Green Beans  
Diced Buttered Potatoes  
Fruit/Juice

22  
Corn Dog  
B.B.Q Chicken Sandwich  
Carrot Coins/Baked Beans  
Fruit/Juice

23  
Fruit Yogurt Plate  
Hamburger  
Green Peas  
California Veggies  
Fruit/Juice

24  
Chef Salad/Crackers  
Chicken Spaghetti  
Garlic Bread  
Side Salad/Steamed Broccoli  
Fruit/Juice

25  
Fruit Yogurt Plate  
Hot Dog  
Tater Tots  
Fruit/Juice

28  
Mandarin Chicken  
Fried Rice  
Pizza  
Broccoli/Squash  
Fruit/Juice

29  
Chicken-Sausage  
Jambalaya/Rice  
B.B.Q Rib on Hoagie  
Green Peas/Side Salad  
Fruit/Juice

30  
Fruit Yogurt Plate  
Sweet Chili Meat Ball  
Sub  
Corn/Carrots  
Fruit/Juice

