

SEPTEMBER 2021

Resurrection Catholic School PreK-2

LUNCH



Breakfast and Lunch are Free **(prek 2)**
Menu subject to change without notice
This institution is an equal opportunity provider



September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Mac-n- Cheese
Green Beans
Mandarin Oranges
Corn Bread Muffin
Milk/Water

1

Beef Patty-Gravy
Mashed Potatoes
Turnip Greens
Pear ½
Roll
Milk/Water

2

Black Eyed Peas
Cooked Carrots
Brown Rice
Peach ½
Milk/Water

3

Labor Day
No School

6

Spaghetti w/Meat Sauce
Green Beans
Tropical Fruit
Milk/Water

7

Baked Chicken Tenders
Whole Kernel Corn
Steamed Broccoli
Roll
Apple Sauce
Milk/Water

8

Cheese Quesadilla
Chopped Green Leaf
Lettuce and Tomatoes
Mixed Fruit
Milk/Water

9

Grilled Cheese
Sandwich
Tater Tots
Diced Cantaloupe
Milk/Water

10

Soft Beef Taco/Cheese
Sliced Cucumber/Low Fat
Ranch Dressing
Apple Slices
Milk/Water

13

Chicken Spaghetti
Green Leaf Lettuce
Low Fat Dressing
Fresh Orange Wedge
Milk/Water

14

Mac -n-Cheese
Green Beans
Mandarin Oranges
Cornbread Muffin
Milk/Water

15

Hot Ham and Cheddar
Cheese Sandwich
Baked Sweet Potato Fries
Diced Cantaloupe
Milk/Water

16

Black Eyed Peas
Cooked Carrots
Brown Rice
Peach ½
Milk/Water

17

Chicken Tenders
Whole Kernel Corn
Steamed Broccoli
Roll
Milk/Water

20

Cheese Pizza
Raw Carrots w/Low Fat
Ranch Dip
Mixed Fruit
Milk/Water

21

Beef Patty-Gravy
Mashed Potatoes
Turnip Greens
Pear 1/2
Roll
Milk/Water

22

Turkey Sandwich on
Whole Wheat bread
Raw Broccoli w/ Low Fat
Ranch Dip
Sliced Grapes
Milk/Water

23

Hamburger on Whole
Wheat Bun
Sweet Potatoes
Tropical Fruit
Milk/Water

24

Cheese Pizza
Raw Carrots w/ Low Fat
Ranch Dip
Apple Slices
Milk/Water

27

Grilled Cheese
Sandwich
Tater Tots
Diced Cantaloupe
Milk/Water

28

Steak Fingers
Mashed Potatoes
Turnip Greens
Pear ½
Roll
Milk/Water

29

Boneless B.B.Q Chicken
Green Beans
Fruit Cocktail
Roll
Milk/Water

30