

August 2011 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
				
8	9	10	11	12
			Baked Chicken Strips Brown Rice-a-Roni* Broccoli/Cauliflower Florets Chilled Pears Sesame Wheat Roll* Meatball Poboy	Shepherd's Pie* Seasoned Peas Wheat Roll Iced Fudge Brownie Baked Crispy Fish Sandwich
15	16	17	18	19
Chicken Smackers Sauce Fluffy Rice Stir-fry Vegetables* Chilled Mandarin Oranges Baked Crispy Fish Strips	Crispy Pork Taco Arroz integral con Quezo* Shredded American Cheese Shredded American Cheese Golden Corn Pizza	Italian Meatsauce* Cucumber Slices Chilled Mixed Fruit Italian Bread Vanilla Pudding Deli Turkey Poboy	Roasted Chicken Wheat Rotini with Cheese* Garden Salad Chilled Peaches Wheat Roll* Hamburger on Wheat Bun	Sauteed Shrimp Buttered Noodles* Seasoned Green Beans* Chilled Pineapple w/ cherries Garlic Wheat Roll Baked Crispy Chicken Sandwich
22	23	24	25	26
Red/White Beans & Sausage Fluffy Rice Buttered Carrots Chilled Tropical Fruit Cornbread* Grilled Chicken Sandwich	Chicken Strip Gordita Mexican Brown Rice Shredded American Cheese Shredded Lettuce and Tomato Carrot/Celery Sticks, Applesauce Roast Beef Poboy	Italian Rotini Bake Tossed Salad Chilled Pears Garlic Wheat Roll Baked Crispy Fish Sandwich	Chicken & Gravy Fluffy Rice Broccoli/Cauliflower Florets Chilled Peaches Wheat Roll Hotdog w/wo Chili	Baked Crispy Chicken Sandwich Mashed Potatoes with Gravy Chilled Pineapple w/ cherries Sesame Wheat Roll Chocolate Cake BBQ Pulled Pork on Wheat
29	30	31	School lunches must meet recommendations of the Dietary Guideline for Americans. *No more than 30% of calories from fat and less than 10% from saturated fat averaged weekly. *Lunches contain 1/3 of the RDI of Protein, Vitamin A, Vitamin C, Iron, and Calcium.	
Grilled Chicken Strips Cheese Sandwich* Tossed in Asian Sauce Fried Brown Rice Steamed Broccoli Pizza	Crispy Pork Taco Arroz Integral con Queso* Shredded American Cheese Shredded Lettuce & Tomato Golden Corn Baked Crispy Chicken Sandwich	Chicken Alfredo* Cream Sauce* w Wheat Rotini Popeye Salad Seasoned Green Beans Garlic Wheat Roll Ham Poboy		

Check Out Our Website At:
www.schoolcafe.org

Note: Menus are subject to change without notice.

Schools with one serving line can have a sandwich entrée only once a week, however it cannot replace a commodity meal. Sandwiches are served with 2 fruit/vegetables and milk. Choice of milk is offered daily. Breakfast also offers cereal.

* Denotes menu items that are prepared in the cafeteria. Many of these items are made from scratch using our own Archdiocese School Food Service recipes.