

September 2019

Resurrection Catholic Elementary School

LUNCH



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. **This institution is an equal opportunity provider and employer.**



Reference: USDA MyPlate

Monday

Tuesday

Wednesday

Thursday

Friday

LABOR DAY

2

Chicken Strips/Roll
Pepperoni Pizza
Mashed Potatoes-Gravy
Green Peas
Fruit/Juice

3

Chef Salad/Crackers
Corn Dog
Baked Beans/Carrots
Fruit/Juice

4

Fruit Yogurt Plate
Chicken Nuggets/Roll
Blacked Peas/Butter Potatoes
Fruit/Juice

5

Fruit Yogurt Plate
Beef Steak Burger
F.Fries/Raw Veggies/W/Dip
Fruit/Juice

6

Chicken Strips/Roll
Mexican Pizza
Mixed Veggies/Mashed
Potatoes/Fruit/Juice

9

Beef Soft Taco
Grilled Chicken
Sandwich
Corn/Steamed Broccoli
Fruit/Juice

10

Chef Salad/Crackers
Hamburger Patty/Rice
Gravy/Green Beans/Carrots
Roll/Fruit/Juice

11

Fruit Yogurt Plate
Spaghetti/Texas
Toast/Green Peas/Side Salad
Fruit/Juice

12

Fruit Yogurt Plate
Hot Dog/Tater Tots
Side Salad
Fruit/Juice

13

Mandarin Chicken
Fried Rice/Egg Roll
Hamburger
Steamed Broccoli/Squash
Fruit/Juice

16

Calzone
Chicken Sandwich
California Veggies/Corn
Fruit/Juice

17

Chef Salad/Crackers
Philly Cheese Steak Sandwich
Side Salad/Carrots
Fruit/Juice

18

Fruit Yogurt Plate
Meat Ball
Rice-Gravy/Lima Beans/Side
Salad
Roll/Fruit/Juice

19

Fruit Yogurt Plate
Grilled Cheese Sandwich
F.Fries/Carrots-W/Dip
Fruit/Juice

20

Chicken Drum Stick
Pepperoni Pizza
Buttered Potatoes/Green
Beans/Roll
Fruit/Juice

23

Nacho Grande
Ham-Cheese Wrap
Corn/Green Peas
Fruit/Juice

24

Chef Salad/Crackers
Corn Dog
Baked Beans/California
Veggies
Fruit/Juice

25

Fruit Yogurt Plate
Fish Nuggets
Mac-Cheese/Black Eyed Peas
Carrots/Fruit/Juice

26

Fruit Yogurt Plate
Spicy Chicken Sandwich
Tater Tots/Raw Veggies
Fruit/Juice

27

Chicken Spaghetti
Texas Toast
Pepperoni Pizza
Carrots/Broccoli
Fruit/Juice

30

