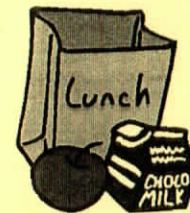
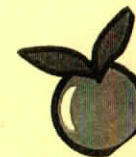


St. John the Evangelist Regional Catholic School Lunch Menu AUG/SEPT 2021



MONDAY **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY**


AUG 30
Hamburger on Bun
Crispy Tater Tots
Celery Sticks & WOW
Butter
Apple Sauce of Fresh
Fruit
Low & Non Fat Milk

31
Chicken Pizza Quesadilla
Refried Beans
Crunchy Carrots & Ranch
Mixed Fruit of Fresh Fruit
Low & Non Fat Milk

September 1
Lasagna & Spaghetti Sauce
Garlic Toast
Seasoned Broccoli
Romaine Side Salad/LF
Dressing
Mandarin Oranges or Fresh
Fruit
Low & Non Fat Milk

2
Chicken Nuggets
Dinner Roll
Seasoned Fries
Cucumber Wheels/Ranch
Chilled Peaches or
Fresh Fruit
Low & Non Fat Milk

3
KB Cheese Pizza
Glazed carrots
Broccoli Florets & Ranch
Diced Pears or Fresh Fruit
Low Fat & Non Fat Milk

6

NO SCHOOL

7
Popcorn Chicken & Dinner
Roll
Mashed Potatoes
Corn
Crunchy Carrots & Ranch
Mixed Fruit or Fresh Fruit
Low & Non Fat Milk

8
Cheesy Mac & Cheese
Breadstick
Sweet Peas
Romaine Side Salad/LF
Dressing
Pineapple Chunks or Fresh
Fruit
Low & Non Fat Milk

9
Sloppy Joe on Bun
BBQ Baked Beans
Fresh Pepper Sticks &
Ranch
Chilled Peaches of Fresh
Fruit
Low & Non Fat Milk

10
Big Daddy
Pepperoni Pizza Pocket
Mixed Vegetables
Broccoli Florets & Ranch
Diced Pears or Fresh Fruit
Low & Non Fat Milk

13
Chicken Nuggets
Crinkle Cut Fries
Celery Sticks & WOW
Butter
Apple Sauce or Fresh
Fruit
Low & Non Fat Milk

14
Walking Taco
w/Lettuce, Tomato, Cheese &
Salsa
Apple Filled Churro
Refried Beans
Crunchy Carrots & Ranch
Mixed Fruit or Fresh Fruit
Low & Non Fat Milk

15
Mini Ravioli w/Marinara
Bread Stick
Savory Green Beans
Romaine Side Salad/LF
Dressing
Mandarin Oranges or Fresh
Fruit
Low & Non Fat Milk

16
Fish Sticks
Crispy Tater Tots
Cucumber Wheels & Ranch
Chilled Peaches or Fresh
Fruit
Low & Non Fat Milk

17
School Cheese Pizza
Steamed Carrots
Broccoli Florets & Ranch
Diced Pears or Fresh Fruit
Low & Non Fat Milk

20
Pancakes & Sausage
Hash Browns
Celery Sticks & WOW
Butter
100% Fruit Juice or Fresh
Fruit
Low & Non Fat Milk

21
Mandarin Orange Chicken &
Rice
Steamed Rice
Crunchy Carrots & Ranch
Mixed Fruit or Fresh Fruit
Low & Non Fat Milk

22
Pasta & Meat Sauce
Garlic Toast
Romaine Side Salad/LF
Dressing
Sweet Peas
Pineapples or Fresh Fruit
Low & Non Fat Milk

23
Corn Dog Nuggets
Emoji Fries
Fresh Pepper Sticks &
Ranch
Chilled Peaches or Fresh
Fruit
Low & Non Fat Milk

24
Chicken Patty on Bun
Golden Corn
Broccoli Florets & Ranch
Diced Pears or Fresh Fruit
Low & Non Fat Milk

27
Bosco Pizza Sticks
Marinara Sauce Cup
Celery Sticks & WOW
Butter
Apple Sauce or Fresh
Fruit
Low & Non Fat Milk

28
Hot Dog on Bun
Baked Beans
Crunchy Carrots & Ranch
Mixed Fruit or Fresh Fruit
Low & Non Fat Milk

30
BBQ Grilled Chicken Breast
Dinner Roll
Savory Green Beans
Romaine Side Salad/LF
Dressing
Mandarin Oranges or Fresh
Fruit
Low & Non Fat Milk

30
Chicken Tenders
Dinner Roll
Curly Fries
Cucumber Wheels & Ranch
Chilled Peaches or Fresh
Fruit
Low & Non Fat Milk



Daily Milk Choices include:

1% & Fat Free



Daily Fruit

Selection May

Include

- Apples, Oranges,
- Bananas &
- Seasonal Fruit
- Canned Fruits
- Mandarin
- Oranges
- Pineapples
- Apple Sauce
- Pears
- Peaches

Daily Vegetable

Selection May Include

- Romaine Salad
- Broccoli
- Cucumbers
- Baby Carrots
- Legumes
- Peppers
- Cauliflower
- Tomatoes

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