


St Joseph KG-8th Gr.

September 2023

Lunch

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|--|
| ALTERNATIVES | ALTERNATIVES | ALTERNATIVES | ALTERNATIVES | ALTERNATIVES |
|  | <i>All of our food is made fresh Daily.</i> | <i>Our Featured Wellness Item of the month is highlighted in orange.</i> |  | |
| | | | | 1 |
| 4 | 5 | 6 | 7 | 8 |
| | | Homemade Baked Ziti 6oz Wrapped WW Mountain Roll 1ea Broccoli 3/4C 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz | W.G Waffle 1ea Turkey Sausage Links 3ea Baked Home Fries 3/4 Cup Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Maple Syrup 1ea | Whole Wheat Pizza 1ea Green Beans 3/4 Cup 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz |
| 11 | 12 | 13 | 14 | 15 |
| Lean Beef Nachos w/ Cheese 2.5oz Lean Beef Taco Meat 2.5oz Shredded Cheddar .5 oz Black Beans 3/4c Bag Baked Tostitos Scoops 1ea Graham Crackers 3pk 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz | Baked Chicken Patty on a Whole Wheat Bun 1ea Corn 3/4 Cup Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea | Macaroni and Cheese 6oz Wrapped WW Mountain Roll 1ea Spinach 3/4 Cup 100% Apple Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz | Stuffed Cheese Sticks 2ea Marinara Sauce 2oz Whole Baby Carrots 3/4 Cup Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz | Whole Wheat Pizza 1ea Cauliflower 3/4 Cup 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz |
| 18 | 19 | 20 | 21 | 22 |
| Hamburger on WW Hamb Bun 1ea Maple Baked Beans 3/4 Cup 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea | Baked Chicken Slicks 8ea Wrapped Whole Wheat Bread 1ea Mashed Potatoes 3/4 Cup Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea | Homemade Ziti w/ Meat Sauce 6oz Wrapped WW Mountain Roll 1ea Broccoli 3/4C 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz | WG Mini Corn Dog Nuggets 6 each Sliced Carrots 3/4 Cup Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Mustard 1ea | Whole Wheat Pizza 1ea Green Bean/Wax Bean Blend 3/4 cup 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz |
| 25 | 26 | 27 | 28 | 29 |
| Grilled Chicken w/ BBQ Sauce 2.5oz Wrapped WW Mountain Roll 1ea Black Beans 3/4c 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz | Crispy Chicken Breast on Whole Wheat Bun 3oz Honey Glazed Whole Baby Carrots 3/4 Cup Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea | Cheese Ravioli w/ Marinara 3ea Wrapped WW Mountain Roll 1ea Spinach 3/4 Cup 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz | Mini Maple Chicken Pancakes 7 each Baked Home Fries 3/4 Cup Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz Maple Syrup PC 1ea | Whole Wheat Pizza 1ea Cauliflower 3/4 Cup 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz |