



## BREAKFAST Menu

Correspond the cycle week to the color-coordinated calendar below.

January-May 2025

CYCLE WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	Assorted Bagels with Cream Cheese and Jelly  or) Bowl of Cereal  Mandarin Oranges 100% Fruit Juice ½ Pt. Milk	Maple Pancake & Sausage Sandwich  or) Bowl of Cereal  Mixed Fruit 100% Fruit Juice ½ Pt. Milk	Dutch Waffle  or) Bowl of Cereal  Applesauce Cup 100% Fruit Juice ½ Pt. Milk	Cinnamon Roll  or) Bowl of Cereal  Peaches 100% Fruit Juice ½ Pt. Milk	Breakfast Muffin  or) Bowl of Cereal  Pears 100% Fruit Juice ½ Pt. Milk
<b>2</b>	Breakfast Bun  or) Bowl of Cereal  Mandarin Oranges 100% Fruit Juice ½ Pt. Milk	Dutch Waffle  or) Bowl of Cereal  Pineapple 100% Fruit Juice ½ Pt. Milk	French Toast Sticks with Syrup  or) Bowl of Cereal  Strawberry Cup 100% Fruit Juice ½ Pt. Milk	Poptarts (Cinnamon or Strawberry)  or) Bowl of Cereal  Mixed Fruit 100% Fruit Juice ½ Pt. Milk	Assorted Bagels with Cream Cheese and Jelly  or) Bowl of Cereal  Fruit Cup 100% Fruit Juice ½ Pt. Milk
<b>3</b>	Breakfast Muffin  or) Bowl of Cereal  Peach Cup 100% Fruit Juice ½ Pt. Milk	Breakfast Pizza (Bacon, Egg & Cheese)  or) Bowl of Cereal  Strawberry Cup 100% Fruit Juice ½ Pt. Milk	Cinnamon Roll  or) Bowl of Cereal  Applesauce 100% Fruit Juice ½ Pt. Milk	Maple Pancake & Sausage Sandwich  or) Bowl of Cereal  Pineapple 100% Fruit Juice ½ Pt. Milk	Poptarts (Cinnamon or Strawberry)  or) Bowl of Cereal  Pears 100% Fruit Juice ½ Pt. Milk
<b>4</b>	Breakfast Bun  or) Bowl of Cereal  Pears 100% Fruit Juice ½ Pt. Milk	French Toast Sticks with Syrup  or) Bowl of Cereal  Strawberry Cup 100% Fruit Juice ½ Pt. Milk	Dutch Waffle  or) Bowl of Cereal  Peaches 100% Fruit Juice ½ Pt. Milk	Pancakes with Syrup  or) Bowl of Cereal  Mixed Fruit 100% Fruit Juice ½ Pt. Milk	Poptarts (Cinnamon or Strawberry)  or) Bowl of Cereal  Fruit Cup 100% Fruit Juice ½ Pt. Milk

Please note that regulations require that at least one fruit side be chosen with each breakfast.

Substitutions of items may be necessary.

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

January 2025

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

February 2025

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	1

March 2025

S	M	T	W	T	F	S
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April 2025

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19	20	21	22	23	24	25
26	27	28	29	30		

May 2025

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Week 1 Meal Plan

Week 2 Meal Plan

Week 3 Meal Plan

Week 4 Meal Plan



## Lunch Includes:

- \*Main Item
- \*Choice of Vegetable Side
- \*Choice of Fruit Side
- \*1/2 Pint Milk



Catholic Diocese of Cleveland

Nutrition Services

Nourishing Tomorrow, Today



## LUNCH Menu

Correspond the cycle week to the color-coordinated calendar below.

January-May 2025

CYCLE WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	<b>Popcorn Chicken Mash Up with Gravy and a Breadstick</b>  <b>Corn</b>  <b>Mixed Fruit or Seasonal Fresh Fruit</b>	<b>Riblet Sandwich</b>  <b>Baked Beans or Tossed Garden Salad</b>  <b>Peaches</b>	<b>Meatball Sub</b>  <b>Broccoli Pears or Seasonal Fresh Fruit</b>	<b>Chicken Tenders With a Roll (Spicy OR Regular)</b>  <b>French Fries or Tossed Garden Salad</b>  <b>Fruit Cup</b>	<b>Mac-n-Cheese with a Pretzel Rod</b>  <b>Carrots Applesauce or Seasonal Fresh Fruit</b>  <b>Cookie Treat!</b>
2	<b>Hamburger or Cheeseburger on a Bun</b>  <b>Broccoli</b>  <b>Pineapple or Seasonal Fresh Fruit</b>	<b>Pasta with Meat Sauce &amp; Garlic Toast</b>  <b>Green Beans or Tossed Garden Salad</b>  <b>Fruit Cup</b>	<b>Chicken Nuggets with a Roll</b>  <b>Mashed Potatoes with Gravy</b>  <b>Applesauce or Seasonal Fresh Fruit</b>	<b>Corn Dog</b>  <b>Baked Beans or Tossed Garden Salad</b>  <b>Fruit Yogurt Parfait</b>  <b>Cookie Treat!</b>	<b>Mozzarella Sticks with Dipping Sauce</b>  <b>Carrot Sticks with Dip</b>  <b>Peaches or Seasonal Fresh Fruit</b>
3	<b>Pepperoni Pizza</b>  <b>Carrot Sticks with Dip</b>  <b>Pears or Seasonal Fresh Fruit</b>	<b>Walking Taco (Taco Meat, Cheddar Cheese, Tostitos Chips With optional Salsa and Black Beans)</b>  <b>Corn Tossed Garden Salad</b>  <b>Frozen Juice Cup</b>	<b>French Toast Sticks with Syrup</b>  <b>Tater Tots</b>  <b>100% Fruit Juice or Seasonal Fresh Fruit</b>	<b>Chicken Tenders (Spicy OR Regular)</b>  <b>Potato Smiles or Tossed Garden Salad</b>  <b>Fruit Yogurt Parfait</b>	<b>Cheese Stuffed Breadsticks with Dipping Sauce</b>  <b>Green Beans</b>  <b>Applesauce or Seasonal Fresh Fruit</b>  <b>Cookie Treat!</b>
4	<b>Chicken Patty on a Bun (Spicy OR Regular)</b>  <b>Broccoli</b>  <b>Frozen Juice Cup or Seasonal Fresh Fruit</b>	<b>Fiestada Pizza</b>  <b>Corn or Tossed Garden Salad</b>  <b>Mixed Fruit</b>  <b>Cookie Treat!</b>	<b>Popcorn Chicken with a Breadstick</b>  <b>Mashed Potatoes with Gravy</b>  <b>Applesauce or Seasonal Fresh Fruit</b>	<b>Hot Dog on a Bun</b>  <b>Baked Beans or Tossed Garden Salad</b>  <b>Mandarin Oranges</b>  <b>Cookie Treat!</b>	<b>Cheese Pizza</b>  <b>Carrots</b>  <b>Fruit Cup or Seasonal Fresh Fruit</b>

Please note that regulations require that at least one fruit or vegetable side be chosen with each lunch.

Substitutions of items may be necessary.

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January 2025						
S	M	T	W	T	F	S
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February 2025						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
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16	17	18	19	20	21	22
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March 2025						
S	M	T	W	T	F	S
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April 2025						
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		1	2	3	4	5
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20	21	22	23	24	25	26
27	28	29	30			

May 2025						
S	M	T	W	T	F	S
					1	2
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
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Week 1 Meal Plan

Week 2 Meal Plan

Week 3 Meal Plan

Week 4 Meal Plan