

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



Price per lunch:
\$3.00

If writing a check,
 please make payable to:
DOC Nutrition Services

LUNCH Menu		Correspond the cycle week to the color-coordinated calendar below.				August-December 2023	
CYCLE WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
1	Chicken Nuggets with a Roll	Chicken Patty on a Bun	Meatball Sub	Chicken Tenders	Mozzarella Sticks with Dipping Sauce		
	Seasoned Potato Wedges	Baked Beans or Tossed Garden Salad	French Fries	Broccoli or Tossed Garden Salad	Carrots		
	Mixed Fruit or Seasonal Fresh Fruit	Frozen Juice Cup	Pears or Seasonal Fresh Fruit	Fruit Cup	Applesauce or Seasonal Fresh Fruit		
					Cookie Treat!		
2	Hamburger or Cheeseburger on a Bun	Pasta with Meat Sauce & Garlic Toast	Meatballs in Gravy and a Breadstick	Chicken Drumstick with a Roll	Cheese Quesadilla		
	Broccoli	Green Beans or Tossed Garden Salad	Mashed Potatoes with Gravy	Baked Beans or Tossed Garden Salad	Carrot Sticks with Dip		
	Pineapple or Seasonal Fresh Fruit	Fruit Cup	Applesauce or Seasonal Fresh Fruit	Fruit Yogurt Parfait	Peaches or Seasonal Fresh Fruit		
				Cookie Treat!			
3	Pepperoni Pizza	Walking Taco (Taco Meat, Cheddar Cheese, Tostitos Chips)	French Toast Sticks with Syrup	Chicken Tenders	Cheese Stuffed Breadsticks with Dipping Sauce		
	Carrot Sticks with Dip	Black Bean and Corn Salsa or Tossed Garden Salad	Tater Tots	Potato Smiles or Tossed Garden Salad	Green Beans		
	Pears or Seasonal Fresh Fruit	Frozen Juice Cup	100% Fruit Juice or Seasonal Fresh Fruit	Fruit Yogurt Parfait	Applesauce or Seasonal Fresh Fruit		
					Cookie Treat!		
4	Riblet Sandwich	Fiestada Pizza	Popcorn Chicken with a Breadstick	Hamburger or Cheeseburger on a Bun	Cheese Pizza		
	Baked Beans	Corn or Tossed Garden Salad	Mashed Potatoes with Gravy	Broccoli or Tossed Garden Salad	Carrots		
	Peaches or Seasonal Fresh Fruit	Mixed Fruit	Applesauce or Seasonal Fresh Fruit	Mandarin Oranges	Fruit Cup or Seasonal Fresh Fruit		

Please note that regulations require that at least one fruit or vegetable side be chosen with each lunch.
 Substitutions of items may be necessary.

This institution is an equal opportunity provider.

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24	25	26	27	28	29	30

Week 1 Meal Plan
 Week 2 Meal Plan
 Week 3 Meal Plan
 Week 4 Meal Plan