

Back to school

Menus for September 2022

St. Mary Cathedral School

This institution is an equal opportunity provider. Menus are subject to change.



**NO SCHOOL
MONDAY,
SEPTEMBER 5**

Monday, September 12
Breakfast
W/G Cereal,
100% Grape Juice, Mozzarella
Cheese Stick, Pears

Lunch
Beef Chili,
Brown Rice, W/G Roll,
Corn
Peaches

Tuesday, September 13
Breakfast
W/G Waffles,
Turkey Sausage Link,
Syrup, Mixed Fruit

Lunch
Chicken Alfredo,
W/G Penne Pasta
W/G Breadstick,
Peas & Carrots,
Mandarin Oranges

Wednesday, Sept. 14
Breakfast
W/G Egg Cheese Wrap,
Applesauce

Lunch
Corn Dog,
Vegetarian Baked Beans,
Pineapple Tidbits

Thursday, September 15
Breakfast
Egg Bacon Cheese Pizza
Pineapple Tidbits

Lunch
Chicken Tenders,
Yellow Rice,
Black Beans, W/G Roll,
Mixed Fruit

Friday, September 16
Breakfast
W/G Cinnamon Pop Tart,
Yogurt,
Mandarin Oranges

Lunch
Cheese Pizza, Fresh Baby
Carrots, Ranch Dressing,
Pears

Thursday, September 1

Breakfast
Breakfast Pizza,
Mixed Fruit

Lunch
Chicken Patty W/G Bun,
Carrots, Pears

Friday, September 2

Breakfast
Cinnamon Raisin Bagel,
Cream Cheese,
Jelly, Pears

Lunch
Cheese Pizza, Garbanzo
Beans, Pineapple Tidbits

NUTRITION TO GO

Broccoli is a "smart carb," a food that provides lots of fiber and complex carbohydrates that aid digestion and make you feel full longer. Broccoli's good for bone health, heart health, cancer prevention, reducing cholesterol, and even reducing allergies and inflammation!

A QUICK BITE FOR PARENTS

Sept. 11, 2001



Every complete meal
we serve comes with
your choice of lowfat
or nonfat milk!

*In eternal
remembrance of the
victims, in continued
support of their
families, and in
undying gratitude to
the heroes.*

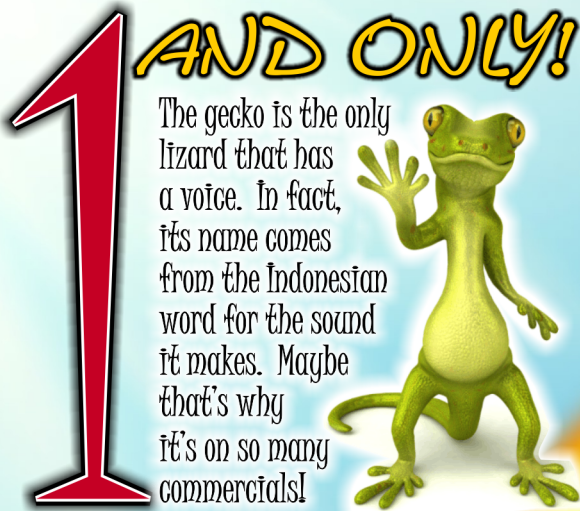
Brain Ticklers



Before
Mt. Everest was
discovered, what
was the tallest
mountain on
earth?

(Hold the page upside
down and read it in a
mirror for the answer!)

to be the tallest
have to be "discovered"
Mt. Everest! It didn't



**Now serving: Protein,
Calcium and
...FIBER?!**



Flavored fat-free milk provides the same great calcium and protein as white milk – and chocolate milk even contains fiber! Eight ounces of flavored fat-free milk includes just 14 g of added sugar – that's about 60 calories – in addition to about 12 g of naturally occurring lactose sugar that comes straight from the cow.

No wonder national health groups ranging from the American Academy of Pediatrics to the American Dietetic Association all support low-fat and fat-free milk in schools, including flavored milk. Milk in schools is a crucial source of calcium and other key nutrients for kids -- and a fairly minimal source of sugar and calories.

Monday, September 19

Breakfast

W/G Cereal,
100% Apple Juice,
Colby Cheese Stick,
Peaches

Lunch

Beef Hot Dog, W/G Bun,
Vegetarian Baked Beans,
Pears

Tuesday, September 20

Breakfast

W/G English Muffin, Jelly,
Hard Boiled Egg,
Pears

Lunch

Turkey Taco, W/G Tortilla,
Shredded Lettuce, Shredded
Cheddar Cheese, Diced
Tomatoes, Taco Sauce,
Peaches

Wednesday, Sept. 21

Breakfast

W/G French Toast, Syrup,
Turkey Sausage Patty,
Pineapple Tidbits

Lunch

W/G Spaghetti, Meat Sauce
W/G Breadstick, Broccoli,
Mandarin Oranges

Thursday, September 22

Breakfast

Blueberry Muffin,
Mozzarella Cheese Stick,
Mandarin Orange

Lunch

Chicken Teriyaki,
Brown Rice, W/G Roll,
Peas, Applesauce

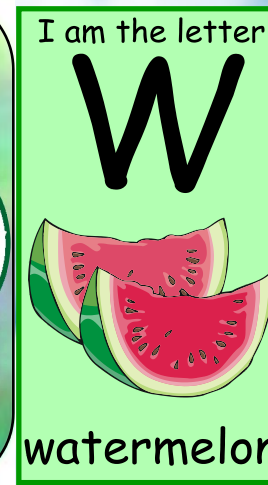
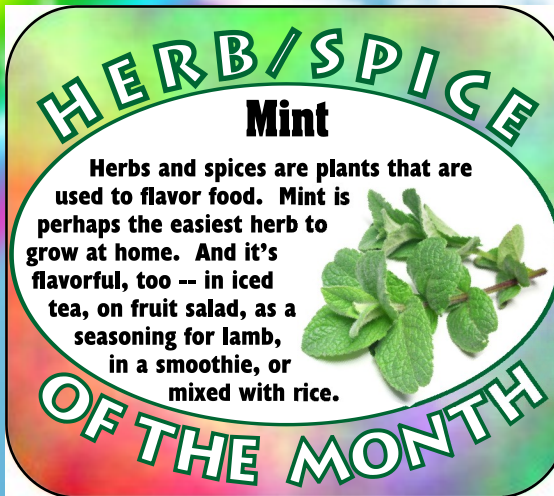
Friday, September 23

Breakfast

W/G Mini Egg Cheese Bagel,
Mixed Fruit

Lunch

Fish Star Nuggets, Sweet
Potatoes Nuggets, Corn,
Pineapple Tidbits



**EAT BETTER.
PLAY HARDER.
LIVE HEALTHIER.
LEARN EASIER.**

WELLNESS IS A WAY OF LIFE!

This year, our menu will feature regular Wellness tips, showing how diet, exercise, and taking care of ourselves can help ensure that we stay healthy and at the top of our games!

Monday, September 26

Breakfast

W/G Cereal, 100% Orange
Juice, Cheddar Cheese Stick,
Applesauce

Lunch

Chopped Steak,
Mashed Potatoes,, Brown
Gravy, W/G Roll,
Peas & Carrots,
Applesauce

Tuesday, September 27

Breakfast

W/G Pancakes, Turkey
Sausage Link, Syrup,
Mandarin Oranges

Lunch

Baked Ziti,
Mozzarella Cheese,
W/G Breadstick, Spinach,
Pears

Wednesday, Sept. 28

Breakfast

Taquito Egg Turkey Cheese,
Mixed Fruit

Lunch

Beef Picadillo, Brown Rice,
Succotash,
W/G Roll, Peaches

Thursday, September 29

Breakfast

Cinnamon Raisin Bagel,
Cream Cheese, Jelly, Pears

Lunch

Cheese Burger, W/G Bun,
Shredded Lettuce, Sliced
Tomatoes, Oven French Fries,
Pineapple Tidbits

Friday, September 30

Breakfast

Taco Egg Cheese, Soft Shell,
Peaches

Lunch

Cheese Pizza,
Cole Slaw,
Mixed Fruit