

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 2023**

CYCLE WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Hamburger or Cheeseburger on a Bun Seasoned Potato Wedges Mixed Fruit or Seasonal Fresh Fruit	Chicken Patty on a Bun Baked Beans or Tossed Garden Salad Frozen Juice Cup	Meatball Sub French Fries Applesauce or Seasonal Fresh Fruit	Chicken Tenders Broccoli with Cheese or Tossed Garden Salad Fruit Cup	Mozzarella Sticks with Dipping Sauce Carrots Pears or Seasonal Fresh Fruit Cookie Treat!
2	Chicken Nuggets with a Roll Broccoli with Cheese Pineapple or Seasonal Fresh Fruit	Corn Dog on a Stick Green Beans or Tossed Garden Salad Fruit Cup Cookie Treat!	Swedish Meatballs and a Breadstick Mashed Potatoes with Gravy Applesauce or Seasonal Fresh Fruit	Chicken Drumstick with a Roll Baked Beans or Tossed Garden Salad Fruit Yogurt Parfait	Cheese Pizza Carrot Sticks with Dip Peaches or Seasonal Fresh Fruit
3	Pepperoni Pizza Carrot Sticks with Dip Pears or Seasonal Fresh Fruit	Walking Taco (Taco Meat, Cheddar Cheese, Tostitos Chips, with optional Black Beans and Salsa) Corn or Tossed Garden Salad Frozen Juice Cup	French Toast Sticks with Syrup Tater Tots 100% Fruit Juice or Seasonal Fresh Fruit	Chicken Tenders Potato Smiles or Tossed Garden Salad Sunshine Smoothie	Cheese Stuffed Breadsticks with Dipping Sauce Green Beans Applesauce or Seasonal Fresh Fruit Cookie Treat!
4	Riblet Sandwich Baked Beans Peaches or Seasonal Fresh Fruit	Fiestada Pizza Corn or Tossed Garden Salad Mixed Fruit	Popcorn Chicken with a Breadstick Mashed Potatoes with Gravy Applesauce or Seasonal Fresh Fruit	Hamburger or Cheeseburger on a Bun Broccoli with Cheese or Tossed Garden Salad Mandarin Oranges	Mac & Cheese with a Pretzel Rod Carrots 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.

January 2023

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 2023

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				

March 2023

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	

April 2023

S	M	T	W	T	F	S
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						

May 2023

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