

SEPTEMBER 2022

Holy Rosary School

LUNCH



School Information:

Lunch \$2.65
 Juice 75¢
 Water 75¢
 Extras \$2.00

Please fill out the **Free/Reduced form for Lunch Assistance. This is a Government Program.**



September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



MONDAY

Alternate Choices:

Corn Dog
 Yogurt & Granola

This institution is an equal opportunity provider.

TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

Labor Day

5

No School

Orange Chicken
 Oriental Vegetables
 Carrots
 Fruit
 Milk

6

Walking Taco
 Black Bean Salsa
 Salad
 Fruit
 Milk

7

Mac & Cheese with Ham
 Broccoli
 Corn
 Fruit
 Milk

1

No School

2

Hamburger
 French Fries
 Baked Beans
 Fruit
 Milk

12

Sub Sandwich
 Mixed Veggies
 Lettuce
 Fruit
 Chips Milk

13

Ham Sandwich Sack
 Lunch

14

International Literacy Day
 Chicken & Dumplings
 Green Beans
 Carrots
 Fruit Milk

8

Lasagna Rollups
 Salad
 Corn
 Fruit
 Roll Milk

9

Hot Dog
 Baked Beans
 Carrots
 Fruit
 Milk

Chicken Alfredo Pasta
 Salad
 Broccoli
 Fruit
 Milk

20

Loaded Baked Potato
 Carrots
 Fruit
 Roll
 Milk

21

Chicken Nuggets
 Mashed Potatoes
 Green Beans
 Fruit
 Roll Milk

15

National Stepfamily Day
 Bosco Sticks
 Carrots
 Mixed Veggies
 Fruit Milk

16

Quesadilla
 Refried Beans
 Corn
 Fruit
 Milk

26

Crispy Chicken Sandwich
 Carrots
 Mixed Veggies
 Fruit
 Milk

27

World School Milk Day
 Papa John's Pizza
 Carrots
 Salad
 Fruit Milk

28

First Day of Fall
 Managers
 Choice

22

Cheese Omelet
 Roasted Potatoes
 Mixed Veggies
 Biscuit
 Milk

23

Country Fried Steak
 Mashed Potatoes
 Green Beans
 Fruit
 Roll Milk

29

Baked Mozzarella Sticks
 Broccoli
 Mixed Veggies
 Fruit
 Roll Milk

30