

**St. Henry's & St. Paul's  
Lunch  
September 2022**

All meals include choice of  
Chocolate Skim, 1% or Skim Milk

|  |   |   |   |  |
|--|---|---|---|--|
|  |   |   | 1   | 2  |
| <b>LABOR DAY</b><br><br><b>NO SCHOOL</b>   | <b>Corn Dog</b><br>Baked Beans<br>Vegetable<br>Fruit<br>Milk                    | <b>Chicken Strips</b><br><b>Fries</b><br><b>Dinner Roll</b><br>Vegetable<br>Fruit<br>Milk | <b>Italian Dunker</b><br><b>Marinara Sauce</b><br>Vegetable<br>Fruit<br>Milk  | <b>Spaghetti &amp; Meat Sauce</b><br><b>Breadstick</b><br>Vegetable<br>Fruit<br>Milk |
| <b>Cheese Quesadilla</b><br>Vegetable<br>Fruit<br>Milk                                     | <b>Chicken Patty On Bun</b><br><b>Smile Fries</b><br>Vegetable<br>Fruit<br>Milk | <b>Mac &amp; Cheese</b><br><b>Garlic Bread</b><br>Vegetable<br>Fruit<br>Milk              | <b>Sloppy Joe On Bun</b><br><b>Baked Beans</b><br>Vegetable<br>Fruit<br>Milk  | <b>Cheeseburger Fries</b><br>Vegetable<br>Fruit<br>Milk                              |
| <b>Chicken Nuggets</b><br><b>Fries</b><br><b>Dinner Roll</b><br>Vegetable<br>Fruit<br>Milk | <b>Taco In A Bag</b><br>Salsa/Lettuce<br>Refried Beans<br>Fruit<br>Milk         | <b>Hot Ham &amp; Cheese</b><br>Romaine/Dressing<br>Fruit<br>Milk                          | <b>Pizza Crunchers</b><br><b>Marinara Sauce</b><br>Vegetable<br>Fruit<br>Milk | <b>Chicken Alfredo</b><br><b>Breadstick</b><br>Vegetable<br>Fruit<br>Milk            |
| <b>Hot Dog On A Bun</b><br><b>Baked Beans</b><br>Vegetable<br>Fruit<br>Milk                | <b>Chicken Bacon Ranch Wrap</b><br>Vegetable<br>Fruit<br>Milk                   | <b>Hamburger On A Bun</b><br>Vegetable<br>Fruit<br>Milk                                   | <b>Lasagna Roll Up</b><br><b>Garlic Toast</b><br>Vegetable<br>Fruit<br>Milk   | <b>Chicken &amp; Waffles</b><br>Vegetable<br>Fruit<br>Milk                           |

**OFFER**

Sandwich Option  
will be offered every  
day.

**FYI**

**MENUS  
SUBJECT TO  
CHANGE**

**Food  
Components**

- Bread/Grain
- Meat/Meat
- Alternate
- Fruit
- Vegetable
- Milk

**To be considered  
reimbursable, kids  
MUST take at least  
3 of the 5 food  
components!! One  
MUST be a fruit or  
vegetable.**

*All grains served are whole grain-rich.*

This institute is an equal opportunity  
provider and employer.