

Lunch Includes:

- *Main or Alternate 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 | Pepperoni Pizza <i>or A) Chicken Nuggets with a Roll</i> Seasoned Potato Wedges Mixed Fruit <i>or</i> Seasonal Fresh Fruit | Beef Nachos (Taco Meat & Cheddar Cheese over Tostitos Chips, with optional Black Beans & Salsa) <i>or A) Corn Dog</i> Corn <i>or</i> Tossed Garden Salad Frozen Juice Cup | Meatball Sub <i>or) Popcorn Chicken with Breadstick</i> French Fries Pears <i>or</i> Seasonal Fresh Fruit | Chicken Tenders <i>or A) Hamburger or Cheeseburger on a Bun</i> Broccoli <i>or</i> Tossed Garden Salad Fruit Cup Cookie Treat! | Mozzarella Sticks with Dipping Sauce <i>or A) Cheese Pizza with Dipping Sauce</i> Carrots Applesauce <i>or</i> Seasonal Fresh Fruit |
| 2 | Cheese Quesadilla with Salsa <i>or A) Chicken Nuggets with a Roll</i> Broccoli Pineapple <i>or</i> Seasonal Fresh Fruit | Pasta with Meat Sauce & Garlic Toast <i>or A) Mini Corn Dogs</i> Green Beans <i>or</i> Tossed Garden Salad Fruit Cup | Meatballs, in Gravy and a Breadstick <i>or A) Chicken Patty on a Bun</i> Mashed Potatoes with Gravy Applesauce <i>or</i> Seasonal Fresh Fruit | Chicken Drumstick with a Roll <i>or A) Hamburger or Cheeseburger on a Bun</i> Baked Beans <i>or</i> Tossed Garden Salad Fruit Yogurt Parfait | Grilled Cheese Sandwich <i>or A) Cheese Pizza with Dipping Sauce</i> Carrot Sticks with Dip Peaches <i>or</i> Seasonal Fresh Fruit |
| 3 | Pepperoni Pizza <i>or A) Chicken Nuggets with a Roll</i> Carrots Pears <i>or</i> Seasonal Fresh Fruit | Beef Nachos (Taco Meat, Cheddar Cheese, Tostitos Chips) <i>or A) Corn Dog</i> Black Bean and Corn Salsa <i>or</i> Tossed Garden Salad Frozen Juice Cup | French Toast Sticks with Syrup <i>or A) Popcorn Chicken with Breadstick</i> Tater Tots 100% Fruit Juice <i>or</i> Seasonal Fresh Fruit | Chicken Tenders and a Pretzel Rod <i>or A) Hamburger or Cheeseburger on a Bun</i> Potato Smiles <i>or</i> Tossed Garden Salad Fruit Yogurt Parfait | Cheese Stuffed Breadsticks with Dipping Sauce <i>or A) Cheese Pizza with Dipping Sauce</i> Green Beans Applesauce <i>or</i> Seasonal Fresh Fruit |
| 4 | Fiestada Pizza <i>or A) Chicken Nuggets with a Roll</i> Baked Beans Peaches <i>or</i> Seasonal Fresh Fruit | Mozzarella Sticks with Dipping Sauce <i>or A) Mini Corn Dogs</i> Carrots <i>or</i> Tossed Garden Salad Mixed Fruit Cookie Treat! | Riblet and a Breadstick <i>or A) Chicken Patty on a Bun</i> Mashed Potatoes Applesauce <i>or</i> Seasonal Fresh Fruit | Popcorn Chicken with a Breadstick <i>or A) Hamburger or Cheeseburger on a Bun</i> Broccoli <i>or</i> Tossed Garden Salad Mandarin Oranges | Mac & Cheese with a Pretzel Rod <i>or A) Cheese Pizza with Dipping Sauce</i> Green Beans Fruit Cup <i>or</i> 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.

August 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 | | |

September 2023

| S | M | T | W | T | F | S |
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| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |

October 2023

| S | M | T | W | T | F | S |
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| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

November 2023

| S | M | T | W | T | F | S |
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December 2023

| S | M | T | W | T | F | S |
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| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |

Week 1 Meal Plan

Week 2 Meal Plan

Week 3 Meal Plan

Week 4 Meal Plan