

SEPTEMBER 2023 St. Vincent Pallotti School Food Service Director: Laura Ruiz-Reyes

LUNCH



A ½ pint of milk choice is served with each meal.

Menu is subject to change. Due to factory shortages, some items may not be available as planned.



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

This institution is an equal opportunity provider.

Labor Day

4

NO SCHOOL

TUESDAY



Chicken nuggets
French fries
Green beans
Diced peaches

5

WEDNESDAY

Hot dog
Potato chips
Pickle spears
Baked beans
Fresh pear

6

THURSDAY

Grilled cheese sandwich
Sun chips
Celery w/ Ranch
Fresh strawberries

7

FRIDAY

EARLY RELEASE 11:30
PB&J uncrustable
String cheese
Fruit roll up
Applesauce cup

1

French toast sticks w/
syrup
Bacon
Carrots w/ Dip
Fresh apple

8

French bread pizza
Marinara sauce
Green beans
Applesauce

11

Walking taco
Chicken /Beef + Cheese
Lettuce/salsa
Dried cranberries
Tropical fruit

12

Ham & cheese sub
Lettuce/tomato
Baked chips
Snow peas w/ Dip
Fresh orange

13

Swedish meatballs
Hawaiian roll
Green beans
Banana

14

Egg patty + cheese on
a muffin
Tator tots
Fresh fruit cup

15

Chicken nuggets
Mac & cheese
Green beans
Applesauce

18

Pulled pork sandwich.
Fritos
Tender corn
Diced pears

19

Mini corndogs
French fries
Celery w/ peanut butter
Strawberry cup

20

Cheeseburger
Potato wedges
Pickle spears
Cinnamon applesauce

21

Pancakes w/ Syrup
Sausage links
Hashbrown
Mandarin oranges

22

Hot turkey & gravy on
a bun
Tender corn
Teddy grahams
Diced pears

25

Soft shell beef taco
Cheese/lettuce/salsa
Sour cream
Refried beans
Mixed fruit

26

School Milk Day
Chicken patty
Tator tots
Carrots w/ Ranch
Fresh apple

27

Popcorn chicken
Sweet potato fries
Green beans
Sliced pears

28

Pizza dippers
Marinara sauce
Garden salad
Strawberry applesauce

29