

Saint Michael's Academy Lunch Menu



SEPTEMBER 2019



Mon	Tue	Wed	Thu	Fri
2 LABOR DAY	3 Chicken Patty on Whole Wheat Bun Baked Beans Salad Tomatoes Watermelon	4 Cheese Omelet French Toast Sticks Hashbrowns Red Peppers Applesauce	5 Deli Turkey & Cheese Sandwich Whole Grain Chips Salad Tomatoes Fruit	6 Baked Cheese Ravioli Breadstick Green Beans Salad Fruit
9 Hamburger on Whole Wheat Bun Baked Beans Salad Tomatoes Fruit	10 Whole Wheat Pasta with Spaghetti Sauce and Meatballs Salad Cucumbers Fruit	11 Refried Beans on Chips with Cheese Corn Salad Fruit Jello	12 Chicken Caesar Wrap Variety Chips Veggies and Hummus Salad Fruit	13 Garlic Cheese Toast and Tomato Soup Carrots Salad Fruit
16 Cheese or Pepperoni Pizza Carrots and Hummus Salad Fruit	17 Chili over Chips with Cheese Corn Salad Fruit	18 Cheese Omelet French Toast Sticks Potato Wedges Red Peppers Applesauce	19 Sloppy Joe on Whole Wheat Bun Green Beans Salad Fruit	20 Tuna Hoagie Variety Chips Salad Tomatoes Fruit
23 Chicken Nuggets Cornbread Baked Beans Salad Fruit	24 Chicken Rice Soup Cucumbers Salad Cinnamon Apple Crisp	25 Corndogs Tater Tots Veggies and Hummus Salad Fruit Jello Chef's Choice Treat	26 Deli Turkey & Cheese Sandwich Whole Grain Chips Salad Tomatoes Fruit	27 Cheese Lasagna Roll-up Breadstick Salad Carrots Fruit