

Send 11/10

Monthly Lunch/Milk Order Form

Student Name: _____

Room: _____

Grade: _____

Parent Signature: _____

If writing a check, please make payable to: DOC Nutrition Services

| | |
|---|--|
| # of Days Lunch Desired (Milk included with lunch) \Rightarrow | |
| Multiplied by Lunch Cost Paid \$3.00, Reduced 0.40¢ or Free | |
| Total Lunch Cost | |
| # of Days Milk Only Desired | |
| Multiplied by Milk Cost 50¢ | |
| Total Milk Cost | |
| Grand Total (Lunch plus Milk) | |

Please place only one symbol per day:

- ✓ = Top Main Item**
- A = Alternate Main Item**
- M = Milk only (milk is included with the main and alternate lunch choices)**

December 2022

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|---------------|---------------|---------------|---------------|
| | | | Orange 1 | 2 |
| Blue 5 | 6 | 7 | 8 | 9 |
| Green 12 | 13 | 14 | 15 | 16 |
| Yellow 19 | 20 | 21 | 22 | 23 |
| 26 | 27 | 28 | 29 | 30 |
| | | | | |

This institution is an equal opportunity provider

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 2022

| 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 & Cheese Sauce 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 Applesauce <i>or</i> Seasonal Fresh Fruit | Chicken Tenders <i>or A) Hamburger or Cheeseburger on a Bun</i> Broccoli with Cheese <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 Pears <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 | Swedish Meatballs, 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 Sunshine Smoothie | 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 | Walking Taco (Taco Meat, Cheddar Cheese, Tostitos Chips, with optional Black Beans and Salsa) <i>or A) Corn Dog</i> Corn <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! | Swedish Meatballs, Gravy and a Breadstick <i>or A) Chicken Patty on a Bun</i> Mashed Potatoes with Gravy Applesauce <i>or</i> Seasonal Fresh Fruit | Popcorn Chicken with a Breadstick <i>or A) Hamburger or Cheeseburger on a Bun</i> Broccoli with Cheese <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 2022

| 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 2022

| 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 | 1 |

October 2022

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| 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 | | | | | |

November 2022

| 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 | | | |

December 2022

| 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 | | | | | | |

Week 1 Meal Plan

Week 2 Meal Plan

Week 3 Meal Plan

Week 4 Meal Plan