

**Lunch Includes:**

- \*Main 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
<b>1</b>	Chicken Nuggets with a Roll  Seasoned Potato Wedges  Mixed Fruit or Seasonal Fresh Fruit	Chicken Patty on a Bun  Baked Beans or Tossed Garden Salad  Frozen Juice Cup	Meatball Sub  French Fries  Pears or Seasonal Fresh Fruit	Chicken Tenders  Broccoli or Tossed Garden Salad  Fruit Cup	Mozzarella Sticks with Dipping Sauce  Carrots  Applesauce or Seasonal Fresh Fruit  Cookie Treat!
<b>2</b>	Hamburger or Cheeseburger on a Bun  Broccoli  Pineapple or Seasonal Fresh Fruit	Pasta with Meat Sauce & Garlic Toast  Green Beans or Tossed Garden Salad  Fruit Cup	Meatballs in Gravy and a Breadstick  Mashed Potatoes with Gravy  Applesauce or Seasonal Fresh Fruit	Chicken Drumstick with a Roll  Baked Beans or Tossed Garden Salad  Fruit Yogurt Parfait  <i>Cookie Treat!</i>	Cheese Quesadilla  Carrot Sticks with Dip  Peaches or Seasonal Fresh Fruit
<b>3</b>	Pepperoni Pizza  Carrot Sticks with Dip  Pears or Seasonal Fresh Fruit	Walking Taco (Taco Meat, Cheddar Cheese, Tostitos Chips)  Black Bean and Corn Salsa or Tossed Garden Salad  Frozen Juice Cup	French Toast Sticks with Syrup  Tater Tots  100% Fruit Juice or Seasonal Fresh Fruit	Chicken Tenders  Potato Smiles or Tossed Garden Salad  Fruit Yogurt Parfait	Cheese Stuffed Breadsticks with Dipping Sauce  Green Beans  Applesauce or Seasonal Fresh Fruit  Cookie Treat!
<b>4</b>	Riblet Sandwich  Baked Beans  Peaches or Seasonal Fresh Fruit	Fiestada Pizza  Corn or Tossed Garden Salad  Mixed Fruit	Popcorn Chicken with a Breadstick  Mashed Potatoes with Gravy  Applesauce or Seasonal Fresh Fruit	Hamburger or Cheeseburger on a Bun  Broccoli or Tossed Garden Salad  Mandarin Oranges	Cheese Pizza  Carrots  Fruit Cup or 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
					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

October 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				

November 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		

December 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

Week 1 Meal Plan
  Week 2 Meal Plan
  Week 3 Meal Plan
  Week 4 Meal Plan

# 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) →	
Multiplied by Lunch Cost Paid \$3.00, Reduced 0.00¢ 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:

**L = Lunch**

**M = Milk only** (milk is included with the lunch)

## November 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		Orange 1	2	3
Blue 6	7	8	9	10
Green 13	14	15	16	17
Yellow 20	21	22	23	24
		NO SCHOOL	THANKSGIVING	NO SCHOOL
Orange 27	28	29	30	

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