



LUNCH

SEPTEMBER 2020

Manhattan Catholic Schools

Menu subject to change.
 Student Lunch- \$3.00
 Reduced Lunch- \$0.40
 A La Carte Milk- \$0.65

Monday

Tuesday

Wednesday

Thursday

Friday

Soft Shell Beef Taco **1**
 Refried Beans
 Tortilla Chips & Salsa
 Sliced Pears

Ham & Cheese Lunchable →

Hotdog on Bun **2**
 Ketchup & Mustard
 Whole Grain Chips
 Baked Beans
 Fresh Banana

Chicken Nuggets **3**
 Mashed Potatoes & Gravy
 Peas & Carrots
 Whole Grain Roll & Jelly
 Pineapple Pieces

Cheesy Bosco Stick **4**
 Marinara Dipping Sauce
 Baby Carrots
 Tossed Salad
 Orange Wedges

•NO LUNCHABLE•

NO SCHOOL! **7**

Yogurt & Granola Lunchable →

Fiestada Pizza **8**
 Seasoned Black Beans
 Steamed Corn
 Cherry Applesauce

Classic Hamburger on Bun **9**
 Cheese, Lettuce, Tomato
 Tator Tots
 Grapes

Popcorn Chicken **10**
 Soft Pretzel & Cheese
 Red Bell Pepper Strips
 Fruit Cocktail

Toasty Cheese Sandwich **11**
 Tomato Soup
 Baby Carrots
 Tossed Salad
 Sliced Pears
 Whole Grain Cookie

Mac & Cheese **14**
 Lil' Smokies
 Whole Grain Roll & Jelly
 Steamed Peas
 Sliced Peaches

Pizza Lunchable →

Chicken Strip Tortilla Wrap **15**
 Cheese, Lettuce, Tomato
 Whole Grain Chips
 Edamame Pods
 Mandarin Oranges

Pig in a Blanket **16**
 Cheesy Broccoli
 Celery Sticks
 Fresh Banana

Deli Sandwiches on **17**
 Wheat Bread
 Potato Smiles
 Fresh Apple
 Rice Krispie Treat

Shrimp Poppers **18**
 Breadstick
 Baby Carrots
 Tossed Salad
 Swirled Fruit Cups

Mini Corn Dogs **21**
 Sweet Potato Fries
 Fresh Broccoli
 Flavored Applesauce

Popcorn Chicken Lunchable →

Chicken Nuggets with **22**
 Sweet & Sour Sauce
 Brown Fried Rice
 Celery Sticks
 Fruit Cocktail

Pulled Pork Sandwich **23**
 BBQ Sauce
 Baked Beans
 Steamed Corn
 Pineapple Pieces

Beef Super Nachos **24**
 Salsa & Nacho Cheese
 Seasoned Black Beans
 Grapes

French Toast Sticks **25**
 Hard Boiled Egg
 Yogurt Cup
 Tator Tots
 Orange Wedges

•NO LUNCHABLE•

Breaded Chicken Sandwich **28**
 Lettuce & Tomato Slices
 Ranch Potato Wedges
 Mandarin Oranges

Ham & Cheese Lunchable →

Walking Taco with Fritos **29**
 Spanish Rice
 Refried Beans
 Swirled Fruit Cups

Hotdog on Bun **30**
 Ketchup & Mustard
 Whole Grain Chips
 Baked Beans
 Fresh Banana

Fresh veggies and low-fat milk offered daily!
 No guest lunch visitors at this time.
 This institution is an equal opportunity provider.

