



# AUGUST 2019

## Manhattan Catholic Schools

Menu subject to change.  
Student Lunch- \$3.00  
Guest Lunch- \$3.75  
Extra Milk- \$0.65

Monday

Tuesday

Wednesday

Thursday

Friday

5

Lunchables will continue to be available starting August 19th!

Fresh salad bar and low-fat milk offered daily.

6

7

1

2

12

13

½ Day- NO LUNCH

HAPPY FIRST DAY OF SCHOOL!

14

8

9

15

Chicken Nuggets  
Fluffy Mashed Potatoes  
Gravy  
Peas & Carrots  
Whole Wheat Dinner Roll  
Pineapple Pieces

16

Cheese Pizza  
Tossed Salad  
Crunchy Baby Carrots  
Sliced Peaches

19

Hamburger on Bun  
Lettuce, Tomato, Cheese  
Tater Tots  
Bell Pepper Strips  
Orange Wedges

Popcorn Chicken Lunchable →

20

Spaghetti with Meatsauce  
Tossed Salad  
Steamed Green Beans  
Garlic Bread  
Grapes

21

Sweet & Sour Chicken  
Seasoned Brown Rice  
Veggie Egg Roll  
Celery Sticks  
Pineapple Pieces

22

Beef Super Nachos  
Spanish Rice  
Refried Beans  
Tropical Fruit

23

Shrimp Poppers  
Tri Tator  
Tossed Salad  
Breadstick  
Chilled Applesauce

26

Hotdog with Bun  
Whole Grain Chips  
Baked Beans  
Fresh Apple Slices  
Whole Wheat Choc Chip Cookie

Pizza Lunchable →

27

Ham & Cheese Sammy  
Potato Smiles  
Fresh Broccoli  
Fruit Cocktail

28

Breaded Chicken Patty  
Fluffy Mashed Potatoes  
Gravy  
Steamed Corn  
Whole Wheat Roll  
Sliced Pears

29

Soft Shell Tacos  
Lettuce, Tomato, Cheese  
Whole Grain Chips with Salsa  
Refried Beans  
Orange Wedges

30

French Toast Sticks  
Hard Boiled Egg  
Yogurt  
Hashbrowns  
Sliced Peaches

Fresh salad bar offered daily!

Please notify the office by 8:30 AM if you plan on eating lunch with your student.  
This institution is an equal opportunity provider.

