



LUNCH

SEPTEMBER 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
Labor Day- NO SCHOOL 2 ENJOY YOUR DAY OFF! <i>Yogurt & Granola Lunchable →</i>	3 Corn Dog on a Stick Ketchup & Mustard Tri Tator Steamed Green Beans Sliced Peaches	4 Chicken Strips Fluffy Mashed Potatoes Gravy Steamed Peas Whole Wheat Dinner Roll Fresh Grapes	5 Chicken Crispito Nacho Cheese & Salsa Refried Beans Steamed Corn Cherry Applesauce	6 Grilled Cheese Sandwich Tomato Soup Fresh Broccoli Pineapple Pieces Whole Grain Oatmeal Cookie
9 Popcorn Chicken Bowl Fluffy Mashed Potatoes Gravy Steamed Corn Biscuit Fresh Apple Slices <i>Ham & Cheese Lunchable →</i>	10 Walking Tacos with Fritos Lettuce, Tomato, Cheese Refried Beans Spanish Rice Tropical Salad	11 Chicken Wrap with Whole Grain Tortilla Lettuce, Tomato, Cheese Cheddar Sun Chips Fresh Baby Carrots Sliced Pears	12 Pig in a Blanket Tator Tots Cheesy Broccoli Mandarin Oranges	13 Cheesy Bosco Stick Marinara Sauce Fresh Garden Salad Whole Grain Chips Sliced Peaches •NO LUNCHABLE TODAY•
16 Macaroni & Cheese Lil' Smokies Fresh Broccoli Whole Wheat Roll & Honey Orange Wedges <i>Pizza Lunchable →</i>	17 Chicken Alfredo with Penne Noodles Breadstick Cucumber Slices Fresh Grapes	18 Beef Fingers Fluffy Mashed Potatoes Gravy Peas & Carrots Whole Wheat Dinner Roll Mandarin Oranges	19 Breaded Chicken Sandwich Cheese, Lettuce, Tomato Ranch Potato Wedges Fresh Bell Pepper Strips Fruit Cocktail	20 Cheese Nachos with Salsa, Sour Cream, Black Olives Seasoned Black Beans Spanish Rice Flavored Applesauce
23 Toasted Turkey & Cheese Sandwich Potato Smiles Tropical Salad Whole Grain Cookie <i>Popcorn Chicken Lunchable →</i>	24 Beef Taco Salad with Lettuce, Tomato, and Cheese Seasoned Black Beans Chips & Salsa Cinnamon Churro Fresh Apple Slices	25 Chicken Nuggets Fluffy Mashed Potatoes Gravy Peas & Carrots Whole Wheat Dinner Roll Pineapple Pieces	26 Pepperoni Pizza with Cheese Stuffed Crust Fresh Garden Salad Fresh Baby Carrots Sliced Pears	27 NO SCHOOL! ENJOY YOUR DAY OFF!
30 Classic Hamburger Cheese, Lettuce, Tomato Tator Tots Fresh Bell Pepper Strips Orange Wedges <i>Yogurt & Granola Lunchable →</i>				

Fresh salad bar and low-fat milk 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.

