

SCHOOL LUNCH MENU

Welcome
Back to school!



Saint Dominic Academy

SEPTEMBER
2016







*Choose your side and
make it a meal!*

Vegetable of the day
Roasted potatoes
French fries
Mixed salad
Mashed potatoes
Onion rings
Rice of the day
Beans of the day

Fresh fruit of the day
(Apple, Orange, Pear)

*Side choices depend on
Entrées for that day.*


FOUR SEASONS
food service management

Mon	Tue	Wed	Thu	Fri
Lions Cafe	 	<i>Available Daily</i> Breakfast, Yogurt, Salads, Sandwiches V		
5 Labor Day	6	7	8	9 Pasta w/Vodka sauce Pizza Mozzarella sticks Chicken nuggets Eggplant hero
12 Grilled Hot Dog Vegetable lo mein Popcorn chicken Chicken cutlet - bruschetta Potato Knish	13 Roast beef Panini Cheese Ravioli Grilled chicken Cae- sar wrap Chicken tenders Mini Tacos	14 Rigatoni & Broccoli Chicken Quesadilla Taco salad Pizza nuggets	15 Hamburger/ cheeseburger Roasted chicken Penne Alfredo Chicken wrap Chicken pot pie	16 Pasta w/Vodka sauce Pizza Mozzarella sticks Mediterranean chick- en pita Chicken nuggets
19 Spaghetti w/meatballs Chicken tenders Chinese beef & broc- coli Grilled cheese	20 Pasta marinara Chicken wrap Turkey, bacon & cheese Panini Steak quesadillas	21 Grilled chicken club Beef tacos Pasta primavera Popcorn chicken Potatoes & eggs sub	22 Hamburger/ cheeseburger Baked ziti Buffalo chicken wrap Chicken parm	23 Past a w/Vodka sauce Pizza Mozzarella sticks Chicken nuggets Eggplant, fresh moz-
26 Macaroni & cheese Chicken hummus wrap Popcorn chicken Buffalo wings Pastrami on rye	27 Chicken tenders Tortellini Alfredo w/peas Ham & Swiss Panini Philly cheese steak	28 Stuffed shells Chicken Quesadillas Breaded chicken wrap Chicken Francese Rice ball	29 Hamburger/ cheeseburger Tuscan style Linguine Chicken parm Chicken ranch wrap Grilled veggie Panini	30 Pasta Marinara Pizza Chicken nuggets Mozzarella sticks Eggplant Parm

