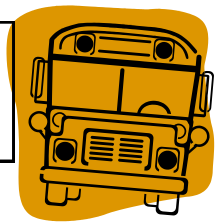


Welcome  
Back to school!



# SCHOOL LUNCH MENU

St. Dominic Academy

September  
2019



Choose your sides  
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)

  
**FOUR SEASONS**  
food service management

	Mon	Tue	Wed	Thu	Fri
2	<b>Labor Day</b>	3 <u>Vegetarian option available daily and made to order</u>	4 No Service	5 No Service	6 Chicken Panini Pizza Pasta w/vodka sauce Mozzarella sticks Chicken nuggets
9	Bacon cheeseburger Vegetable lo mein Popcorn chicken <b>Chicken cutlet bruschetta</b> Potato Knish	10 Roast beef Panini Cheese Ravioli Chicken tenders Mini Tacos Sausage & peppers	11 Rigatoni w/ broccoli, <b>Chicken quesadillas</b> Taco bowl Mac & cheese wedges Harvest Turkey Wrap	12 Hamburger/cheeseburger Grilled chicken Caesar wrap Penne Alfredo Chicken parm Pizza nugget bites	13 Pasta w/Vodka sauce Pizza Mozzarella sticks Mediterranean chicken pita Chicken nuggets
16	Spaghetti w/meatballs Chicken Tenders Chinese beef & broccoli Black bean burger Meatball hero	17 Pasta marinara Chicken marsala <b>Turkey, bacon &amp; cheese Panini</b> Steak quesadillas Pizza roll	18 Grilled chicken club Beef taco Pasta primavera Popcorn chicken Potatoes & eggs sub	19 Hamburger/cheeseburger Baked ziti Buffalo chicken wrap Chicken parm Onion rings	20 Pasta w/Vodka sauce Pizza Mozzarella sticks Chicken nuggets Eggplant, fresh mozzarella & roasted peppers
23	<u>Breakfast for lunch</u> Macaroni & cheese Chicken hummus wrap Popcorn chicken wrap Buffalo wings <b>French toast/ eggs &amp; bacon</b>	24 Chicken tenders Tortellini Alfredo w/peas Ham & Swiss Panini Philly cheese steak Baked breaded chicken	25 Stuffed shells Chicken quesadillas Breaded chicken wrap Chicken Francese Rice ball	26 Roasted turkey breast Popcorn chicken Meatball Panini Mac & cheese wedges Hot dog	27 Chicken Panini Pizza Pasta w/vodka sauce Mozzarella sticks Chicken nuggets Frittata

30 Grilled chicken cutlet bowl  
Pepper steak gyro  
Chicken Tenders  
Spaghetti, garlic & oil  
**Grilled cheese**

**Featuring**



Available Daily

Breakfast, Yogurt, Salads, Sandwiches



**Boar's Head  
Brand  
Deli Meats**

Gluten free, no msg,  
No trans fats or fillers

