



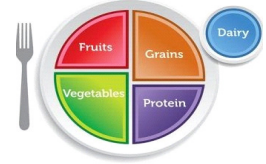


Catholic Academy of Passaic County Diocese of Paterson Lunch Menu	April-2017				
	Mon	Tue	Wed	Thu	Fri
<b>Student Lunch</b> Full Price: \$3.75 Reduced Price: \$0.40	3 <u>Gluten Free</u> Chicken Tenders WW Dinner Roll Sweet Corn 3/4 C Fruit 1/2 c Milk	4 Sloppy Joe Sandwich Sweet Potato Fries 3/4 c Fruit 1/2 c Milk	5 WG Blend Baked Macaroni and Cheese Broccoli 1/2 c Fruit 1/2 c Milk Baby Carrots Available	6 Oven Roasted Chicken Mashed Potatoes WW Dinner Roll Fruit 1/2 c Milk Baby Carrots Available	7 WG Cheese Pizza Chick Peas Salad 1/2 c Fruit 1/2 c Milk Baby Carrots Available
<b>Offer versus Serve</b> <b>The 5 Meal Components for School Lunch</b> <b>Meat or Meat Alternate, Grain, Fruit, Vegetable and Milk</b> <b>You must choose at least 3 including:</b> <b>1/2 cup of fruit or vegetable</b> <b>At List <u>two</u> other full components</b> <b>For best nutrition, choose all 5!</b>	10 Hot Dog on a WW Bun Vegetarian Beans 1/2 c Tator Tots 1/2 c Fruit 1/2 c Milk	11 WG Blend Pasta with Meat Sauce Tossed Salad 3/4 c Fruit 1/2 c Milk	12 Hot Smoked Turkey & Cheese on a WW Roll Sweet Corn 3/4 c Fruit 1/2 c Milk	13	14
<b>Offered Daily</b>  8 oz of Flavored Fat Free milk, skim milk 1% milk or lactaid	17	18 	19	20 	21
<b>Available Daily as an alternate</b> Chef Salad or  Assorted Sandwiches on WW Bread or Peanut Butter and Jelly Sandwiches if Allowed	24 Cheeseburger on a WW Bun Potato Wedges 3/4 c Fruit 1/2 c Milk	25 Oven Roasted Chicken Sweet Potatoes 3/4 c WW dinner Roll Fruit 1/2 c Milk	26 WG Blend Penne Pasta with Meat Sauce Tossed Salad 3/4 c Fruit 1/2 c Milk	27 Chicken with Rice Black Beans 1/2 c Fruit 1/2 c Milk An Additional 1/2 c Vegetable will be offered	28 WG Cheese Pizza Romaine Salad 3/4 c Fruit 1/2 c Milk
"This Institution is an equal opportunity provider" "Esta Institución es un proveedor que ofrece igualdad de oportunidades"	<u>An Additional 1/2 c Vegetable will be offered some days to meet Vegetable requirement as per USDA Guidelines</u>				<b>Make half your plate fruit and vegetables</b> 
*Menu Subject to change					