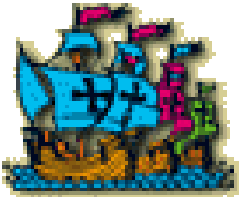





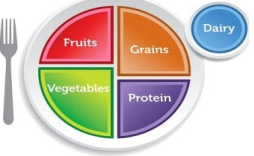


| Catholic Academy of Passaic County Diocese of Paterson Lunch Menu | October-2016 | | | | |
|---|---|--|---|--|---|
| | Mon | Tue | Wed | Thu | Fri |
| Student Lunch Full Price: \$3.75 Reduced Price: \$0.40 | 3 Chicken Nuggets Chickpeas with Egg Noodle Fruit 1/2 c Milk | 4 Chicken & Cheese Fajita Salsa Romaine Salad 3/4 c Fruit 1/2 c Milk | 5 Pasta with Meat Sauce Carrots 3/4 c Fruit 1/2 c Milk | 6 Pizza Sticks with Marinara Sauce Sweet Peas 3/4 c Fruit 1/2 c Milk | 7 |
| Offer versus Serve The 5 Meal Components for School Lunch Meat or Meat Alternate, Grain, Fruit, Vegetable and Milk You must choose at least 3 including: 1/2 cup of fruit or vegetable At List <u>two</u> other full components For best nutrition, choose all 5! | 10  | 11 Chicken Sticks Dinner Roll Mashed Potato 3/4 c Fruit 1/2 c Milk | 12 Cheesy Kale and Penne Pasta Bake String Beans 1/2 c Fruit 1/2 c Milk | 13 Crispy Turkey Tacos Salsa Romaine & tomatoes Salad 3/4 c Fruit 1/2 c Milk | 14 WGR Cheese Pizza Grape Tomatoes 3/4 c Fruit 1/2 c Milk |
| Offered Daily  8 oz Flavored Fat Free milk, skim milk 1% milk or lactaid | 17 Cheeseburger on a WW Bun Sweet Plantain Fruit 1/2 c Milk | 18 Hot Turkey & Gravy Hero Sweet Potato Tots 3/4 c Fruit 1/2 c Milk | 19 Beef and Vegetable Chili Brown Rice 1/2 c Romaine Salad 1/2 c Fruit 1/2 c Milk | 20 Grilled Cheese Sandwich Soup String Beans 1/2 c WW Dinner Roll Fruit 1/2 c Milk | 21 Pizza Burger Bean Salad 3/4 c Fruit 1/2 c Milk |
| Available Daily as an alternate Chef Salad or Assorted Sandwiches on WW Bread or Peanut Butter and Jelly Sandwiches  | 24 Turkey Hot Dog on a WW Bun Smile Fries 1/2 c Vegetarian Beans 1/2 c Fruit 1/2 c Milk | 25 Meatball Hero Tossed Salad 3/4 c Fruit 1/2 c Milk | 26 Baked Macaroni & Cheese Sweet Peas 3/4 c Fruit 1/2 c Milk | 27 Beef Nachos Romaine Salad 3/4 c Salsa Fruit 1/2 c Milk | 28 WGR Stuffed Crust Pizza Cucumber & Tomato 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" | 31 Cheeseburger on a WW Bun Oven Fries 3/4 c Fruit 1/2 c Milk |  *Kale has vitamin A for healthy eyes. *Kale has vitamin C for fighting colds. |  Tomatoes *California grows most of the tomatoes in the United States. *Tomatoes have lots of Vitamin C. |  |  |
| *WGR-Whole Grain Rich *Menu Subject to change | | | | | |