



Catholic Academy of Passaic County Diocese of Paterson Lunch Menu	September-2016				
	Mon	Tue	Wed	Thu	Fri
Student Lunch Full Price: \$3.75 Reduced Price: \$0.40					
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!	5	6	7	8	9
Offered Daily 8 oz Flavored Fat Free milk, skim milk 1% milk or lactaid	 12 Chicken Patty on a WW Bun Oven Fries 3/4 c Fruit 1/2 c Milk	13 Baked Ziti String Beans 1/2 c Fruit 1/2 c Milk	14 Gluten Free Chicken Tenders Sweet Potato 3/4 c WW Dinner Roll Fruit 1/2 c Milk	15 Beef and Vegetable Chili Brown Rice 1/2 c Romaine Salad 1/2 c Fruit 1/2 c Milk	16 WGR Cheese Pizza Bean Salad 1/2c Grape Tomatoes 1/2c Fruit 1/2 c Milk
Available Daily as an alternate Chef Salad or Assorted Sandwiches on WW Bread or Peanut Butter and Jelly Sandwiches	19 Cheeseburger on a WW Bun Sweet Corn 3/4 c Fruit 1/2 c Milk	20 Meatballs on a WW Club Roll Tossed Salad 1/2 c Fruit 1/2 c Milk	21 Spanish Style Chicken with Brown Rice Beans 3/4 c Fruit 1/2 c Milk	22 Hot Ham & Cheese Club Sandwich Carrot Sticks 3/4 c Fruit 1/2 c Milk	23 WGR Stuffed Crust 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"	26 Beef Hot Dog on a WW Bun Vegetarian Beans 1/2 c Fruit 1/2 c Milk	27 WG Blend Spaghetti with Meat Sauce Spinach 3/4 c Fruit 1/2 c Milk	28 Breakfast For Lunch WG French Toast Sticks Sausage Link Tator Tots 3/4 c Fruit 1/2 c Milk	29 Beef and Cheese Nachos Tossed Salad 3/4 c Salsa 1/4 c Fruit 1/2 c Milk	30 WGR Cheese Pizza Carrot Sticks 3/4 c Fruit 1/2 c Milk
*WGR-Whole Grain Rich					
*Menu Subject to change					