

SEPTEMBER 2022

St. Rose of Lima School

LUNCH



School Information: Milk is served with every meal. Menu subject to change. This school is an equal opportunity provider.



September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Labor Day

5

NO SCHOOL

Mini Corn Dogs
Sweet Potato Fries
Tropical Fruit

6

Chicken Alfredo
Broccoli
Pears

7

Chili Crispito
Refried Beans
Peaches

1

Cheese Pizza
Salad w/ Ranch
Applesauce

2

Lasagna Roll-ups
Salad w/ Ranch
Mandarin Oranges

12

Chicken Strips
French Fries
Peaches

13

Beef Tostadas
Refried Beans
Mandarin Oranges

14

Chicken Pot Pie
over Mashed Potato
Biscuit
Applesauce

15

National Stepfamily Day
Italian Dippers
Salad w/ Ranch
Tropical Fruit

16

NO SCHOOL

19

Grilled Cheese
French Fries
Pears

20

Cheese Enchilada
Refried Beans
Pineapple

21

First Day of Fall
Pepperoni Pizza
Salad w/ Ranch
Applesauce

22

Cheese Omelet
Tater Tots
Biscuits
Juice

23

Orange Chicken
over Rice
Broccoli
Pineapple

26

BBQ Pork on WG Bun
French Fries
Applesauce

27

Roast Turkey
Cooked Carrots
Peaches
Dinner Roll

28

Sloppy Joe on WG Bun
Baked Beans
Mandarin Oranges

29

Macaroni and Cheese
Green Beans
Tropical Fruit

30

World School Milk Day