

**Lunch Includes:**

- \*Main or Alternate Item
- \*Choice of Vegetable Side
- \*Choice of Fruit Side
- \*1/2 Pint Milk

Catholic Diocese of Cleveland

**Nutrition Services**

Nourishing Tomorrow, Today



Price per lunch:  
**\$3.00**

If writing a check,  
please make  
payable to:  
**DOC Nutrition  
Services**

**LUNCH  
Menu**

Correspond the cycle week to the  
color-coordinated calendar below.

**August-  
December 2022**

CYCLE WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	Pepperoni Pizza <i>or A) Chicken Nuggets with a Roll</i>  Seasoned Potato Wedges <i>Mixed Fruit or Seasonal Fresh Fruit</i>	Beef Nachos (Taco Meat & Cheese Sauce over Tostitos Chips, with optional Black Beans & Salsa)  <i>or A) Corn Dog</i>  Corn <i>or</i> Tossed Garden Salad Frozen Juice Cup	Meatball Sub  <i>or ) Popcorn Chicken with Breadstick</i>  French Fries Applesauce <i>or</i> Seasonal Fresh Fruit	Chicken Tenders  <i>or A) Hamburger or Cheeseburger on a Bun</i>  Broccoli with Cheese <i>or</i> Tossed Garden Salad Fruit Cup  Cookie Treat!	Mozzarella Sticks with Dipping Sauce  <i>or A) Cheese Pizza with Dipping Sauce</i>  Carrots Pears <i>or</i> Seasonal Fresh Fruit
<b>2</b>	Cheese Quesadilla with Salsa  <i>or A) Chicken Nuggets with a Roll</i>  Broccoli Pineapple <i>or</i> Seasonal Fresh Fruit	Pasta with Meat Sauce & Garlic Toast  <i>or A) Mini Corn Dogs</i>  Green Beans <i>or</i> Tossed Garden Salad Fruit Cup	Swedish Meatballs, Gravy and a Breadstick  <i>or A) Chicken Patty on a Bun</i>  Mashed Potatoes with Gravy Applesauce <i>or</i> Seasonal Fresh Fruit	Chicken Drumstick with a Roll  <i>or A) Hamburger or Cheeseburger on a Bun</i>  Baked Beans <i>or</i> Tossed Garden Salad Sunshine Smoothie	Grilled Cheese Sandwich  <i>or A) Cheese Pizza with Dipping Sauce</i>  Carrot Sticks with Dip Peaches <i>or</i> Seasonal Fresh Fruit
<b>3</b>	Pepperoni Pizza  <i>or A) Chicken Nuggets with a Roll</i>  Carrots Pears <i>or</i> Seasonal Fresh Fruit	Walking Taco (Taco Meat, Cheddar Cheese, Tostitos Chips, with optional Black Beans and Salsa)  <i>or A) Corn Dog</i>  Corn <i>or</i> Tossed Garden Salad Frozen Juice Cup	French Toast Sticks with Syrup  <i>or A) Popcorn Chicken with Breadstick</i>  Tater Tots 100% Fruit Juice <i>or</i> Seasonal Fresh Fruit	Chicken Tenders and a Pretzel Rod  <i>or A) Hamburger or Cheeseburger on a Bun</i>  Potato Smiles <i>or</i> Tossed Garden Salad Fruit Yogurt Parfait	Cheese Stuffed Breadsticks with Dipping Sauce  <i>or A) Cheese Pizza with Dipping Sauce</i>  Green Beans Applesauce <i>or</i> Seasonal Fresh Fruit
<b>4</b>	Fiestada Pizza  <i>or A) Chicken Nuggets with a Roll</i>  Baked Beans Peaches <i>or</i> Seasonal Fresh Fruit	Mozzarella Sticks with Dipping Sauce  <i>or A) Mini Corn Dogs</i>  Carrots <i>or</i> Tossed Garden Salad Mixed Fruit  Cookie Treat!	Swedish Meatballs, Gravy and a Breadstick  <i>or A) Chicken Patty on a Bun</i>  Mashed Potatoes with Gravy Applesauce <i>or</i> Seasonal Fresh Fruit	Popcorn Chicken with a Breadstick  <i>or A) Hamburger or Cheeseburger on a Bun</i>  Broccoli with Cheese <i>or</i> Tossed Garden Salad Mandarin Oranges	Mac & Cheese with a Pretzel Rod  <i>or A) Cheese Pizza with Dipping Sauce</i>  Green Beans Fruit Cup <i>or</i> Seasonal Fresh Fruit



Please note that regulations require that at least one fruit or vegetable side be chosen with each lunch.

Substitutions of items may be necessary.

**This institution is an equal opportunity provider.**



August 2022

S	M	T	W	T	F	S
1	2	3	4	5	6	
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

September 2022

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1

October 2022

S	M	T	W	T	F	S
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

November 2022

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

December 2022

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Week 1 Meal Plan

Week 2 Meal Plan

Week 3 Meal Plan

Week 4 Meal Plan