

SEPTEMBER 2023 WESTSIDE CATHOLIC SCHOOL

LUNCH



This Institution is an equal opportunity Provider.

Menu is subject to change.

Student Lunch \$ 3.15
Adult Lunch \$4.60
Extra Entrée \$ 2.00
Milk is served daily.



A la carte pricing must be comparable to restaurant / vending prices to comply with Federal Guidelines.

Is your child eating enough lunch?
Lunch combo meals must consist of 5 food group components (protein, grain, vegetable, fruit, milk).
Students **MUST** take at least 3 of the 5 components and 1 **MUST** be a ½ cup of fruit or vegetable.
Students also have the option of taking items from all 5 groups.

MONDAY

Yogurt Kit

Yogurt
Granola
Cheese Stick
Crackers

Labor Day

4

Papa John's Pizza PBJ Sandwich & Cheese Yogurt Kit

Green Beans
Fruit
Veggies / dip / hummus

5



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Chicken Nuggets / Roll PBJ Sandwich & Cheese Yogurt Kit

Mashed Potatoes / Gravy
Broccoli
Fruit
Veggies / dip / hummus

8

Breaded Chicken / Bun PBJ Sandwich & Cheese Yogurt Kit

Fries
Broccoli
Fruit
Veggies / dip / hummus

7

Donut Ring / Sausage PBJ Sandwich & Cheese Yogurt Kit

Tater Tots
Fruit
Veggies / dip / hummus

15

Corn Dog PBJ Sandwich & Cheese Yogurt Kit

Green Beans
Sweet Potato Fries
Fruit
Veggies / dip / hummus

14

Grilled Chicken / Bun PBJ Sandwich & Cheese Yogurt Kit

Corn
Fruit
Veggies / dip / hummus

13

Hot Ham / Cheese / Bun PBJ Sandwich & Cheese Yogurt Kit

Tossed Salad
Onion Rings
Fruit
Veggies / dip / hummus

12

Cinnamon Toast / Breakfast Scramble PBJ Sandwich & Cheese Yogurt kit

Hash Brown Rounds
Fruit
Veggies / dip / hummus

11

Chicken Snackers / Roll PBJ Sandwich & Cheese Yogurt Kit

Mashed Potatoes / Gravy
Edamame
Fruit
Veggies / dip / hummus

22

Chicken Nuggets / Roll PBJ Sandwich & Cheese Yogurt Kit

Mashed Potatoes / Gravy
Broccoli
Fruit
Veggies / dip hummus

21

Hamburger / Cheese PBJ Sandwich & Cheese Yogurt Kit

Fries
Baked Beans
Fruit
Veggies / dip / hummus

20

French Toast Sticks / Eggstravaganza PBJ Sandwich & Cheese Yogurt Kit

Potato Smiles
Syrup
Fruit
Veggies / dip / hummus

19

Papa John's Pizza PBJ Sandwich & Cheese Yogurt Kit

Corn
Fruit
Veggies / dip / hummus

29

Breaded Chicken / Bun PBJ Sandwich & Cheese Yogurt Kit

Fries
Broccoli
Fruit
Veggies / dip / hummus

28

Donut Ring / Sausage PBJ Sandwich & Cheese Yogurt Kit

Tater Tots
Fruit
Veggies / dip / hummus

27

Nachos / Cheese PBJ Sandwich & Cheese Yogurt Kit

Corn
Black Beans
Fruit
Veggies / dip / hummus

26

Ravioli / Cheese Bread PBJ Sandwich & Cheese Yogurt Kit

Green Beans
Fruit
Veggies / dip / hummus

25

Salisbury Steak / Roll PBJ Sandwich & Cheese Yogurt Kit

Mashed Potatoes / Gravy
Carrots
Fruit
Veggies / dip / hummus

Veggies / dip / hummus