



Lunch

Daily salad bar and fresh fruit. The salad bar typically includes green leaf lettuce, grape tomatoes, red peppers, broccoli, cucumber, baby carrots, hard-boiled egg, grilled chicken, croutons, yogurt, and a variety of salad dressings. Beverages include: 2% milk, cranberry juice and water



Monday 9/1

★ **LABOR** ★
★★★ **DAY** ★★★

No School

Tuesday 9/2

Chicken fingers
& fries (DF)

Wednesday 9/3

Rice & beans with pulled
pork & pickled red onions
(GF, V, DF)

Thursday 9/5

Goulash & dinner rolls (ground
beef & vegetables in a tangy
and sweet tomato sauce with
macaroni)

Friday 9/6

French toast sticks with
breakfast sausage, hash
browns, and real
Vermont maple syrup
(DF)



MATER CHRISTI
SCHOOL

V-Vegetarian

GF-Gluten

DF-Dairy Free