



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 1/20

1/2 Day No Lunch



Tuesday 1/21

Chicken Fingers & Fries (DF)

Wednesday 1/22

Shepherds Pie & Dinner Roll
(GF)

Thursday 1/23

Chicken Parmesan sandwiches
with chips and pasta salad.

Friday 1/24

French toast sticks, VT Maple
syrup, breakfast sausage, hash
browns, and fresh fruit.



MATER CHRISTI
SCHOOL

V-Vegetarian

GF-Gluten

DF-Dairy Free