



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 9/15

Chicken Cordon Bleu with pearl couscous pilaf & cheesy cauliflower (ham and cheese stuffed breaded chicken)

Tuesday 9/16

Chicken Quesadillas served with salsa, sour cream, guacamole & tortilla chips.

Wednesday 9/17

Philly cheesesteaks - shaved ribeye with peppers, onions & melty cheese served on a hoagie roll.

Thursday 9/17

Baked haddock with rice pilaf & roasted garlic-lemon asparagus. (GF)

Friday 9/18

Sausage, egg, & cheese breakfast sandwiches on english muffins served with hash browns.



MATER CHRISTI
SCHOOL

V-Vegetarian

GF-Gluten

DF-Dairy Free