



# 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 9/22

Bagels & Cream Cheese

Tuesday 9/23

Corn dogs, pasta salad  
& pretzels

Wednesday 9/24

Rice & beans with pulled pork,  
pickled red onions, sour cream  
and tortilla chips.

Thursday 9/25

Vietnamese style yellow curry  
with rice & dumplings  
(lemongrass, ginger, chicken,  
onions, coconut milk and  
sweet potatoes)

Friday 9/26

French toast sticks with hash  
browns, breakfast sausage, VT  
maple syrup, hash browns &  
fresh strawberries.



MATER CHRISTI  
SCHOOL

**V-Vegetarian**

**GF-Gluten**

**DF-Dairy Free**