

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 2/2

Mac n' Cheese with broccoli

Tuesday 2/3

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

Wednesday 2/4

Aloo Gobi curry with rice and naan bread. (vegetarian curry with cauliflower, potatoes, onions, tomatoes & warm spices)

Thursday 2/5

Cheeseburgers or Beyond burgers with lettuce, tomato, onions, & pickles

Friday 2/6

Chicken & biscuits - Creamy southern style chicken stew with buttermilk biscuits & corn on the cob



MATER CHRISTI
SCHOOL

V-Vegetarian

GF-Gluten

DF-Dairy Free