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 11/9

Penne Puttanesca with green beans & bread sticks. (olives & capers in marinara sauce)

Tuesday 11/10

Chicken Quesadillas with salsa, sour cream & guacamole

Wednesday 11/11

Hearty Italian sausage, vegetable & tortellini soup with dinner rolls. (minestrone with italian sausage and cheese tortellini)

Thursday 11/12

Chicken Cordon Bleu with pearl couscous pilaf & cheesy roasted cauliflower

Friday 11/13

Tuna Melts with potato chips

MATER CHRISTI SCHOOL



V-Vegetarian **GF-Gluten** **DF-Dairy Free**