

January Cathedral High School Lunch Menu

Delivering health one meal at a time!

Monday	Tuesday	Wednesday	Thursday	Friday
Holiday	Holiday	American Chop Suey, Whole Grain Pasta, Carrots, Fruit, 100% Fruit Juice, Fluid Milk Cold : Chicken Salad w/ WG Pita, Sugar Snap Peas 3	Chicken Parm Sandwich, Whole Grain Bun, Broccoli, Fruit, 100% Fruit Juice, Fluid Milk Cold : Turkey & Cheese Sandwich on Wheat Bun, Corn & Pepper Salad	Whole Grain Pepperoni Pizza, Tater Tots, Fruit, Apple Chips, Fluid Milk Cold: Tuna Salad w/ WG Pita, 3 Bean Salad
Popcorn Chicken, Whole Grain Brown Rice, Sweet Potato Wedges, Fruit, Applesauce, Fluid Milk Cold: Uncrustable Sandwich, Carrots	Beef Taco Bowl, Whole Grain Brown Rice, Black Beans & Corn, Fruit, Craisins, Fluid Milk Cold : Turkey & Cheese Sandwich on Wheat Bun, Broccoli	Creamy Cajun Chicken, Whole Grain Pasta, Broccoli, Fruit, Apple Chips, Fluid Milk Cold : Chicken Salad w/ WG Pita, Sugar Snap Peas	Meatball Sub (Beef & Chicken), Whole Grain Hot Dog Bun, Green Beans w/ Red Peppers, Fruit, 100% Fruit Juice, Fluid Milk Cold : Turkey & Cheese Sandwich on Wheat Bun, Corn & Pepper Salad	Whole Grain Turkey-Bacon Pizza, Carrots, Fruit, Apple Chips, Fluid Milk Cold : Tuna Salad w/ WG Pita, 3 Bean Salad
8	9	10	11	12
Holiday	Jamaican Beef Patty, Whole Grain Brown Rice, Kidney Beans, Fruit, 100% Fruit Juice, Fluid Milk Cold : Turkey & Cheese Sandwich on Wheat Bun, Broccoli	Stuffed Shells w/ Marinara Sauce & Parm, Broccoli, Wheat Roll, Fruit, Fluid Milk Cold : Chicken Salad w/ WG Pita, Sugar Snap Peas	Whole Grain Chicken Nuggets, Whole Grain Brown Rice, Sweet Potato Wedges, Fruit, 100% Fruit Juice, Fluid Milk, Sweet & Sour Sauce Cold : Turkey & Cheese Sandwich on Wheat Bun, Corn & Pepper Salad	Whole Grain Buffalo Chicken Pizza, Tater Tots, Orange, 1% Milk, Ketchup Cold : Tuna Salad w/ WG Pita, 3 Bean Salad
15	16	17	18	19
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BBQ Chicken, Whole Grain Mac & Cheese, Green Beans w/ Red Peppers, Fruit, Applesauce, Fluid Milk	Beef Nachos, Whole Grain Tortilla Chips, Black Beans & Corn, Fruit, Raisins, Fluid Milk	Chicken Alfredo, Whole Grain Pasta, Broccoli, Fruit, Apple Chips, Fluid Milk	Cheeseburger, Whole Grain Bun, Sweet Potato Wedges, Fruit, Craisins, Fluid Milk, Ketchup	Whole Grain Pepperoni Pizza, Mixed Vegetables, Fruit, Apple Chips, Fluid Milk
Cold: Uncrustable Sandwich, Carrots	Cold : Turkey & Cheese Sandwich on Wheat Bun, Broccoli	Cold : Chicken Salad w/ WG Pita, Sugar Snap Peas	Cold : Turkey & Cheese Sandwich on Wheat Bun, Corn & Pepper Salad	Cold : Tuna Salad w/ WG Pita, 3 Bean Salad
22	23	24	25	26
Honey Jerk Chicken Wings, Whole Grain Cornbread, Carrots, Fruit, Apple Chips, Fluid Milk	Whole Grain Cheese Quesadilla, Black Beans & Corn, Sour Cream, Fruit, 100% Fruit Juice, Fluid Milk	Whole Grain Cheese Lasagna w/ Marinara & Mozzarella, Green Beans w/ Red Peppers, Wheat Roll, Fruit, Craisins, Fluid Milk		
Cold: Uncrustable Sandwich, Carrots	Cold: Turkey & Cheese Sandwich on Wheat Bun, Broccoli 30	Cold: Chicken Salad w/ WG Pita, Sugar Snap Peas 31		
23		51		

City Fresh Foods | P.O. Box 255698 | Dorchester, MA 02125 Menu subject to change This institution is an equal opportunity provider Phone 617-606-7123 | Fax 617-606-7126 |

Before placing meal orders please determine whether any anticipated consumers have a food allergy and specifically notify City Fresh Foods of the potential allergen requirements at the time that the order is placed. In accordance with Massachusetts General Law and Regulations, before placing your order, please inform your party has a food