



January Cathedral High School Lunch Menu

Delivering health one meal at a time!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Holiday</p> <p>1</p>	<p>Holiday</p> <p>2</p>	<p>American Chop Suey, Whole Grain Pasta, Carrots, Fruit, 100% Fruit Juice, Fluid Milk</p> <p>Cold: Chicken Salad w/ WG Pita, Sugar Snap Peas</p> <p>3</p>	<p>Chicken Parm Sandwich, Whole Grain Bun, Broccoli, Fruit, 100% Fruit Juice, Fluid Milk</p> <p>Cold: Turkey & Cheese Sandwich on Wheat Bun, Corn & Pepper Salad</p> <p>4</p>	<p>Whole Grain Pepperoni Pizza, Tater Tots, Fruit, Apple Chips, Fluid Milk</p> <p>Cold: Tuna Salad w/ WG Pita, 3 Bean Salad</p> <p>5</p>
<p>Popcorn Chicken, Whole Grain Brown Rice, Sweet Potato Wedges, Fruit, Applesauce, Fluid Milk</p> <p>Cold: Un crustable Sandwich, Carrots</p> <p>8</p>	<p>Beef Taco Bowl, Whole Grain Brown Rice, Black Beans & Corn, Fruit, Craisins, Fluid Milk</p> <p>Cold: Turkey & Cheese Sandwich on Wheat Bun, Broccoli</p> <p>9</p>	<p>Creamy Cajun Chicken, Whole Grain Pasta, Broccoli, Fruit, Apple Chips, Fluid Milk</p> <p>Cold: Chicken Salad w/ WG Pita, Sugar Snap Peas</p> <p>10</p>	<p>Meatball Sub (Beef & Chicken), Whole Grain Hot Dog Bun, Green Beans w/ Red Peppers, Fruit, 100% Fruit Juice, Fluid Milk</p> <p>Cold: Turkey & Cheese Sandwich on Wheat Bun, Corn & Pepper Salad</p> <p>11</p>	<p>Whole Grain Turkey-Bacon Pizza, Carrots, Fruit, Apple Chips, Fluid Milk</p> <p>Cold: Tuna Salad w/ WG Pita, 3 Bean Salad</p> <p>12</p>
<p>Holiday</p> <p>15</p>	<p>Jamaican Beef Patty, Whole Grain Brown Rice, Kidney Beans, Fruit, 100% Fruit Juice, Fluid Milk</p> <p>Cold: Turkey & Cheese Sandwich on Wheat Bun, Broccoli</p> <p>16</p>	<p>Stuffed Shells w/ Marinara Sauce & Parm, Broccoli, Wheat Roll, Fruit, Fluid Milk</p> <p>Cold: Chicken Salad w/ WG Pita, Sugar Snap Peas</p> <p>17</p>	<p>Whole Grain Chicken Nuggets, Whole Grain Brown Rice, Sweet Potato Wedges, Fruit, 100% Fruit Juice, Fluid Milk, Sweet & Sour Sauce</p> <p>Cold: Turkey & Cheese Sandwich on Wheat Bun, Corn & Pepper Salad</p> <p>18</p>	<p>Whole Grain Buffalo Chicken Pizza, Tater Tots, Orange, 1% Milk, Ketchup</p> <p>Cold: Tuna Salad w/ WG Pita, 3 Bean Salad</p> <p>19</p>
<p>BBQ Chicken, Whole Grain Mac & Cheese, Green Beans w/ Red Peppers, Fruit, Applesauce, Fluid Milk</p> <p>Cold: Un crustable Sandwich, Carrots</p> <p>22</p>	<p>Beef Nachos, Whole Grain Tortilla Chips, Black Beans & Corn, Fruit, Raisins, Fluid Milk</p> <p>Cold: Turkey & Cheese Sandwich on Wheat Bun, Broccoli</p> <p>23</p>	<p>Chicken Alfredo, Whole Grain Pasta, Broccoli, Fruit, Apple Chips, Fluid Milk</p> <p>Cold: Chicken Salad w/ WG Pita, Sugar Snap Peas</p> <p>24</p>	<p>Cheeseburger, Whole Grain Bun, Sweet Potato Wedges, Fruit, Craisins, Fluid Milk, Ketchup</p> <p>Cold: Turkey & Cheese Sandwich on Wheat Bun, Corn & Pepper Salad</p> <p>25</p>	<p>Whole Grain Pepperoni Pizza, Mixed Vegetables, Fruit, Apple Chips, Fluid Milk</p> <p>Cold: Tuna Salad w/ WG Pita, 3 Bean Salad</p> <p>26</p>
<p>Honey Jerk Chicken Wings, Whole Grain Cornbread, Carrots, Fruit, Apple Chips, Fluid Milk</p> <p>Cold: Un crustable Sandwich, Carrots</p> <p>29</p>	<p>Whole Grain Cheese Quesadilla, Black Beans & Corn, Sour Cream, Fruit, 100% Fruit Juice, Fluid Milk</p> <p>Cold: Turkey & Cheese Sandwich on Wheat Bun, Broccoli</p> <p>30</p>	<p>Whole Grain Cheese Lasagna w/ Marinara & Mozzarella, Green Beans w/ Red Peppers, Wheat Roll, Fruit, Craisins, Fluid Milk</p> <p>Cold: Chicken Salad w/ WG Pita, Sugar Snap Peas</p> <p>31</p>		