



September Cathedral Menu

Delivering health one meal at a time!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Holiday - No Meal</p> <p>5</p>	<p>Chicken Wings, Brown Rice, Corn on the Cob, Fruit, Applesauce, Fluid Milk</p> <p>6</p>	<p>Jamaican Beef Patty, Brown Rice, Stewed Beans, Fruit, Applesauce, Fluid Milk</p> <p>7</p>	<p>Fried Chicken, Whole Grain Mac & Cheese, Sweet Potatoes, Fruit, Craisins, Fluid Milk</p> <p>8</p>	<p>Cheeseburger, Whole Grain Hamburger Bun, Potato Wedges, Fruit, Apple Chips, Fluid Milk</p> <p>9</p>
<p>Beef Nachos, Whole Grain Tortilla Chips, Black Beans & Corn, Fruit, Applesauce, Fluid Milk, Sour Cream</p> <p>12</p>	<p>Cheeseburger, Whole Wheat Bun, Vegetarian Baked Beans, Fruit, Craisins, Fluid Milk</p> <p>13</p>	<p>Whole Grain Chicken Tenders, Brown Rice, Carrots, Fruit, Fruit Cup, Fluid Milk, Sweet & Sour Dipping Sauce</p> <p>14</p>	<p>Philly Steak & Cheese Sub, Whole Grain Hoagie Roll, Tater Tots, Fruit, Craisins, Fluid Milk</p> <p>15</p>	<p>Whole Grain Stuffed Crust Cheese Pizza, Broccoli w/ Red Peppers, Fruit, Apple Chips, Fluid Milk</p> <p>16</p>
<p>Grilled Cheese on Whole Grain Croissant, Carrots, Fruit, Applesauce, Fluid Milk</p> <p>19</p>	<p>Sweet Mango Chili Drumstick, Brown Rice, Corn & Peppers, Fruit, 100% Fruit Juice, Fluid Milk</p> <p>20</p>	<p>Arroz con Carnitas, Whole Grain Brown Rice & Stewed Beans, Fruit, Craisin, Fluid Milk</p> <p>21</p>	<p>Creamy Cajun Chicken, Whole Grain Pasta, Broccoli, Fruit, Fruit Cup, Fluid Milk</p> <p>22</p>	<p>Cheeseburger, Whole Grain Hamburger Bun, Potato Wedges, Fruit, Apple Chips, Fluid Milk</p> <p>23</p>
<p>Chicken Parm Sandwich, Whole Wheat Bun, Roasted Broccoli, Fruit, Applesauce, Fluid Milk</p> <p>26</p>	<p>Beef Tacos w/Shredded Cheddar, Whole Grain Taco Shells (2), Mixed Vegetables, Fruit, 100% Fruit Juice, Fluid Milk</p> <p>27</p>	<p>Teriyaki Chicken, Whole Grain Brown, Corn w/Peppers, Fruit, Craisins, Fluid Milk</p> <p>28</p>	<p>Beef Hot Dog, Whole Grain Hot Dog Bun, Vegetarian Baked Beans, Fruit, Fluid Milk</p> <p>29</p>	<p>Whole Grain BBQ Chicken Pizza, Carrots, Fruit, Apple Chips, Fluid Milk</p> <p>30</p>