



# St. Monica Catholic School Lunch Menu



**September  
2010**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>SEPTEMBER</b> HARVEST OF THE MONTH</p> <p>Heirloom Tomato Melons Basil</p>	<p><i>Free &amp; Reduced-meal forms can be obtained from all building offices at any time throughout the school year.</i></p>	<p>1 Hamburger on a Whole Wheat Bun Pico di Gallo Potato Ole's</p> <p>Alternative Entrée(s) Crispy Chicken Wrap</p>	<p>2 French Toast with Syrup Warm Turkey Ham Cinnamon Apple Slices</p> <p>Alternative Entrée(s) Chef Salad</p>	<p>3 Chinese Chicken with Brown Rice and Oriental Vegetables</p> <p>*Fortune Cookie*</p> <p>Alternative Entrée(s) Crispy Chicken Wrap</p>
<p>6 LABOR DAY</p>		<p>7 Beefy Nachos with Cheese Sauce Whole Kernel Corn</p> <p>Alternative Entrée(s) Chicken Caesar Salad</p>	<p>8 Chicken Patty on a Whole Wheat Bun Fresh Tomatoes</p> <p>*Animal Crackers*</p> <p>Alternative Entrée(s) Cold Cut Sandwich</p>	<p>9 Cheese Pizza Bagel Mixed Vegetables</p> <p>Alternative Entrée(s) Chicken Caesar Salad</p>
<p>13 Oven Roasted Beef Hot Dog Baked Beans Fresh Melon</p> <p>*Kettle Chips*</p> <p>Alternative Entrée(s) Turkey or Cheese Sliders</p>	<p>14 Soft Shell Taco with Shredded Lettuce and Shredded Cheese Seasoned Mixed Vegetables</p> <p>Alternative Entrée(s) Yogurt Pak</p>	<p>15 Carne Italiano Stromboli Caesar Salad</p> <p>*Chocolate Chip Cookie*</p> <p>Alternative Entrée(s) Turkey or Cheese Sliders</p>	<p>16 Oven Baked Chicken Nuggets Mashed Potatoes with Gravy Sliced Whole Grain Bread</p> <p>Alternative Entrée(s) Yogurt Pak</p>	<p>17 11:30 Dismissal</p>
<p>20 Grilled Cheese Sandwich on Whole Grain Bread Tomato Soup Salline Crackers</p> <p>Alternative Entrée(s) BBQ Chicken Wrap</p>	<p>21 Eggs Benedict Breakfast Potatoes</p> <p>*Ice Cream Cup*</p> <p>Alternative Entrée(s) Taco Salad</p>	<p>22 Cheese Pizza Italian Tossed Salad</p> <p>Alternative Entrée(s) BBQ Chicken Wrap</p>	<p>23 Pancakes with Syrup Turkey Breakfast Sausage</p> <p>Alternative Entrée(s) Taco Salad</p>	<p>24 Bagel with Cream Cheese Yogurt Cup Sliced American Cheese Fresh Fruit Salad</p> <p>Alternative Entrée(s) BBQ Chicken Wrap</p>
<p>27 Barbeque Chicken Legs Creamy Potato Salad Multi Grain Dinner Roll</p> <p>*Rice Krispie Treat*</p> <p>Alternative Entrée(s) Turkey Sub</p>	<p>28 Sloppy Joe on a Wheat Bun Popeye Salad</p> <p>Alternative Entrée(s) Crispy Chicken Salad</p>	<p>29 Popcorn Chicken Vegetable Medley</p> <p>Alternative Entrée(s) Turkey Sub</p>	<p>30 Homemade Turkey Hot Pocket Garden Salad</p> <p>Alternative Entrée(s) Crispy Chicken Salad</p>	<p>Fresh vegetables plus fresh and canned fruits are available daily with lunch from the Fruit &amp; Vegetable Bar.</p>

Menus are subject to change without notice.

Prepared From Scratch

Contains Pork

Vegetarian Entrée

Harvest of the Month

**NEW**

What an exciting year for school lunch this will be! Look at all the new and made from scratch items. Please watch the web site listed below for updates and information on the new items. Please feel free to call us with any questions. Most importantly, get your child to try the new items. We are so excited to be able to bring them to you.

**FOOD 4 THOUGHT**

It takes about 2 million flower visits by honeybees to produce 1 pound of honey.

**LUNCH PRICES**

Elementary	\$2.40
Reduced	\$0.40
Extra Entrée	\$1.50
Additional Milk	\$0.40
Adult	\$2.80

To check the balance in your account or for additional information, contact:  
Lori MacGregor - Monte  
414-351-6595  
[www.taheer.com/schools/northshore/home.htm](http://www.taheer.com/schools/northshore/home.htm)

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Milk Choice of 2%, Skim and 1% Chocolate is included with Lunch