



# Our Lady of Grace Catholic School 2018-19 Breakfast and Lunch Menu



## Weekly Breakfast Menu - Meal rates: \$1.50/meal; (Free or Reduced-rate \$0.30 if qualify)

Students select 1 hot or up to 2 cold breakfast entrees	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Entree:</b>	Flavored Pancakes	Bagel Square w/ flavored filling	Banana Bread	Cinnamon Roll	French Toast Mini's
<b>Cold Entrees:</b>	Muffin & Cereal	Yogurt & Cereal	Pop Tart & Cereal	Boiled Egg & Cereal	Assorted options
<b>Daily Fruit Choices:</b>	Daily assorted fruit, 100% juice offered daily. Students must select at least 1 fruit side with their meal.				
<b>Daily Milk Choices:</b>	Nonfat & 1% white and nonfat chocolate milk is offered daily. Students are not required to take a milk.				

After selecting the hot or cold breakfast entree, students select their sides and flavor of milk choice. All students must select at least 1 fruit side. Students need 3 meal components to equal a breakfast. The cashier will ensure a proper meal is selected. If not, the student will be redirected, with the exception of milk only purchases. Milk is sold for \$0.50 each if not with a meal purchase.

## Monthly Lunch Menu

Entree is in **bold** with daily veggie below. Assorted fruit such as dried, canned, fresh, whole or 100% juice is offered daily. Baby carrots or celery sticks are offered in addition if only 1 vegetable listed with entree. Students are offered all items available but only must take 3 of the food groups (grain/meat/veg/fruit/milk) with 1 being either fruit or vegetable for meal rate - \$2.85; Free or Reduced \$0.40

Week	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Blue</b>	<b>Popcorn Chicken w/ Mac-n-Cheese</b> Green Beans, Fruit & Milk	<b>Hamburger/Cheese</b> Sweet Potato Fries, Fruit & Milk	<b>Cincy 3 Way Spaghetti</b> Red Beans & Onion, Fruit & Milk	<b>Brunch: French Toast w/ Cheese Omelet</b> Tater Tot, Fruit & Milk	<b>Cheese Pizza Slice</b> Steamed Broccoli, Fruit & Milk
<b>Red</b>	<b>Chicken Nuggets w/ Soft Pretzel</b> Mashed Potatoes, Fruit & Milk	<b>Pepperoni Calzone</b> Romaine Lettuce w/ Homemade Ranch, Fruit & Milk	<b>Grilled Cheese</b> Tomato Soup, Fruit & Milk	<b>Chicken Soft Taco w/ Cheese</b> Corn & Black Beans, Fruit & Milk	<b>Cheese-filled Breadstix w/ Sauce</b> Hummus, Fruit & Milk
<b>Green</b>	<b>Chicken Tenders w/ Roll</b> Broccoli Cheddar Bites, Fruit & Milk	<b>Brunch: Waffle &amp; Sausage</b> Potato Smiles, Fruit & Milk	<b>Asian Chicken Bowl</b> Peas & Carrots, Fruit & Milk	<b>Chicken Patty Sandwich</b> Sweet Potato Fries, Fruit & Milk	<b>Mini Pizza Bagels</b> 3 Bean Salad & Green Beans, Fruit & Milk
<b>Yellow</b>	<b>Chicken Drumstick w/ Biscuit</b> Mashed Potatoes & Gravy, Fruit & Milk	<b>Hot Dog w/ Choice of topping</b> Baked Beans, Fruit & Milk	<b>Pasta w/ Meat Sauce &amp; Garlic Bread</b> Romaine Lettuce w/ Ranch, Fruit & Milk	<b>Walking Taco w/ Tostitos &amp; Cheese</b> Golden Corn & Salsa, Fruit & Milk	<b>Pepperoni Smart Pizza</b> Green Beans, Fruit & Milk
<b>Orange</b>	<b>Chicken Nuggets w/ Roll</b> Emoji Potatoes, Fruit & Milk	<b>Brunch: Pancakes w/ Sausage &amp; Egg</b> Sweet Potato Puffs, Fruit & Milk	<b>Cheese Ravioli w/ Sauce &amp; Breadstick</b> Romaine Lettuce w/ Ranch, Fruit & Milk	<b>BBQ Pulled Pork Sandwich</b> Onion Rings & Baked Beans, Fruit & Milk	<b>Marco's Pizza</b> California Blended Veggies, Fruit & Milk
<b>Alt. Entree</b>	<b>Grape PB&amp;J</b>	<b>Bagel w/ Cream Cheese</b>	<b>Moo Meal</b> Yogurt, Crackers & Cheese	<b>Baked Corn Dog</b>	<b>Fish Sandwich</b>

### MEAL RATES:

- Breakfast -**
- \$1.50 1st meal; \$0.30 Reduced Rate (if qualify)
- \$1.00 extra entree
- Lunch -**
- \$2.85 1st meal; \$0.40 Reduced Rate (if qualify)
- \$1.50 extra entree
- \$0.50 Milk Only
- Staff meals -**
- \$2.00 Breakfast
- \$3.50 Lunch; \$2 Entree Only

AUGUST					SEPTEMBER					OCTOBER					NOVEMBER					DECEMBER											
Week	M	T	W	Th	F	Week	M	T	W	Th	F	Week	M	T	W	Th	F	Week	M	T	W	Th	F	Week	M	T	W	Th	F		
Blue					23	24	Green	3	4	5	6	7	Red	1	2	3	4	5	Blue					1	2	Blue	3	4	5	6	7
Red	27	28	29	30	31	Yellow	10	11	12	13	14	Green	8	9	10	11	12	Red	5	6	7	8	9	Red	10	11	12	13	14		
Aug 23 - First day of school					Orange	17	18	19	20	21	Yellow	15	16	17	18	19	Green	12	13	14	15	16	Green	17	18	19	20	21			
					Blue	24	25	26	27	28	Orange	22	23	24	25	26	Yellow	19	20	21	22	23		24	25	26	27	28			
					Closed Sept. 3 - Holiday					Closed: Oct. 19 - Teacher In-Service Day					Closed: Nov. 20-23 - Thanksgiving Holiday					Closed: Dec. 20-Jan. 2 - Christmas Holiday											
JANUARY					FEBRUARY					MARCH					APRIL					MAY											
Yellow		1	2	3	4	Green					1	Red					1	Red	1	2	3	4	5	Orange				1	2	3	
Orange	7	8	9	10	11	Yellow	4	5	6	7	8	Green	4	5	6	7	8	Green	8	9	10	11	12	Blue	6	7	8	9	10		
Blue	14	15	16	17	18	Orange	11	12	13	14	15	Yellow	11	12	13	14	15	Yellow	15	16	17	18	19	Red	13	14	15	16	17		
Red	21	22	23	24	25	Blue	18	19	20	21	22	Orange	18	19	20	21	22		22	23	24	25	26	Green	20	21	22	23	24		
Green	28	29	30	31		Red	25	26	27	28	Blue	25	26	27	28	29	Orange	29	30					Yellow	27	28	29	30	31		
Jan. 3 - Return from Winter Break. Closed: Jan. 21 - Holiday					Closed: Feb. 18 - Holiday					Closed: March 15 - Teacher In-Service					April 19-26 Easter Holiday					Closed: May 27 - Holiday May 31 - Last Day for Students											

Cycle Menu Rotation Key: Color indicates weekly cycle for lunch menu; Bold Days = 1st and last day of school; Gray Color Square = School Closed

This institution is an equal opportunity provider. Apply for free or reduced meals today, once you qualify, eligible all year!