



Our Lady of Grace Catholic School 2022-23 Breakfast and Lunch Menu



Weekly Breakfast Menu					
ALL students receive FREE Breakfast!!					
Grab-n-Go Breakfast Only	Monday	Tuesday	Wednesday	Thursday	Friday
Main Breakfast Bag:	Flavored Pancakes & Fruit	Bagel w/ flavored cream cheese filling & Fruit	Banana Bread & Fruit	Breakfast Sandwich & Fruit	Cinnamon Roll & Fruit
Alternate Breakfast Bag	Muffin, Cereal & Fruit	Muffin, Cereal & Fruit	Muffin, Cereal & Fruit	Muffin, Cereal & Fruit	2-ct Pop Tart & Fruit
Daily Fruit Choices:	A choice of a half cup of fruit and/or a 100% Juice cup are offered. Students must select at least 1 fruit or vegetable with breakfast.				
Daily Milk Choices:	A choice of nonfat white or chocolate milk are offered daily. Students can select 1 with their breakfast bag.				
All breakfast meals will be eaten in the classroom. Breakfast is served from 7:30am to 7:55 am for Grades 1st-8th. It is served at 8:15am for Grades K. If your student wants breakfast, they must arrive on time.					

Monthly Lunch Menu					
We will offer a 1/2 cup of cooked veggie (color shows the variety of vegetable subgroups offered each week to meet the USDA guidelines) along with a fresh vegetable (carrots/celery/broccoli) or 100% vegetable juice daily. A half cup of fruit, fresh fruit or 100% fruit juice will also be offered daily. Students are offered all items available but only must take 3 (1 of which must be a serving of fruit or veggie)					
Week	Monday	Tuesday	Wednesday	Thursday	Friday
Blue	Chicken Drumstick & Mac n Cheese Carrot Sticks w/ Ranch, Fruit & Milk	Hamburger/Cheese Green Beans & Veg Juice, Fruit & Milk	Brunch for Lunch Turkey Sausage, Pancakes, Tater Tots, Fruit & Milk	Mini-Corn Dog Baked Beans, Fruit & Milk	Cheese Pizza Steamed Broccoli, Fruit & Milk
Red	Popcorn Chicken & Roll Mashed Potatoes, Fruit & Milk	Pepperoni Calzone Peas & Carrots, Fruit & Milk	Cincy Chili w/Spaghetti Red Kidney Beans, Fruit & Milk	Chicken Quesadilla Corn & Salsa, Fruit & Milk	Cheese-filled Breadstix w/ Pizza Sauce Romaine Lettuce w/ Ranch, Fruit & Milk
Green	Chicken Patty on Bun Sweet Potato Fries, Fruit & Milk	Hot Dog on Bun Baked Beans, Fruit & Milk	Brunch for Lunch Omelet, French Toast, Smile Potatoes, Fruit & Milk	Pasta with Meat Sauce Garlic Bread, Romaine Salad, Fruit & Milk	Cheese Pizza California Blended Veggies, Fruit & Milk
Yellow	Chicken Nuggets w/ Soft Pretzel Green Beans, Fruit & Milk	Pepperoni Pizza Emoji Fries, Fruit & Milk	Grilled Cheese Sandwich Tomato Soup, Fruit & Milk	Walking Taco w/ Tostitos & Cheese Corn & Salsa, Fruit & Milk	Cheese Bites w/ Marinara Sauce Celery Sticks w/ Hummus Fruit & Milk
Alt. Entree	Grape PB&J w/ String Cheese	Moo Meal Yogurt, Crackers & Cheese	Bagel w/ Cream Cheese	Moo Meal Yogurt, Crackers & Cheese	Fish Patty on Bun w/ Cheese

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				18	19	Green				1	2	Yellow	3	4	5	6	7	Yellow		1	2	3	4	Yellow				1	2	
Red	22	23	24	25	26	Yellow	5	6	7	8	9	Blue	10	11	12	13	14	Blue	7	8	9	10	11	Blue	5	6	7	8	9	
Green	29	30	31			Blue	12	13	14	15	16	Red	17	18	19	20	21	Red	14	15	16	17	18	Red	12	13	14	15	16	
Aug 19 - First day of school for students						Red	19	20	21	22	23	Green	24	25	26	27	28	Green	21	22	23	24	25	Green	19	20	22	23	24	
						Green	26	27	28	29	30	Yellow	31					Yellow	28	29	30					27	28	29	30	31
					Closed: Sept. 5- Labor Day Holiday					Closed: Oct. 14 - Teacher In-service					Closed: Nov. 22-27 Thanksgiving Holiday					Closed: Dec. 21-Jan. 4 - Christmas Holiday										
JANUARY					FEBRUARY					MARCH					APRIL					MAY										
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	2	3	4	5	6	Blue				1	2	3	Blue			1	2	3	Red	3	4	5	6	7	Blue	1	2	3	4	5
Red	9	10	11	12	13	Red	6	7	8	9	10	Red	6	7	8	9	10		10	11	12	13	14	Red	8	9	10	11	12	
Green	16	17	18	19	20	Green	13	14	15	16	17	Green	13	14	15	16	17	Green	17	18	19	20	21	Green	15	16	17	18	19	
Yellow	23	24	25	26	27	Yellow	20	21	22	23	24	Yellow	20	21	22	23	24	Yellow	24	25	26	27	28	Yellow	22	23	24			
Blue	30	31				Blue	27	28				Blue	27	28	29	30	31	Closed: April 7-14 Easter Holiday					May 12-Records Day- No School							
Closed: Jan. 16- Martin Luther King					Closed: Feb. 17-20 President's Day Holiday					Closed: March 17 - Teacher In-service																				
Cycle Menu Rotation Key: Color indicates weekly cycle for lunch menu; Bold Days = 1st and last day of school; Gray Color Square = School Closed																														

MEAL RATES:

Student Breakfast -
All breakfast meals FREE
\$.50 Milk Only

Student Lunch -
Paid Lunch: \$3.00 Free or Reduced: \$0.00
\$1.50 extra entree or \$.50 Milk Only

Staff Breakfast -
\$2.25 Breakfast, meals only

Staff Lunch-
\$4.85 Lunch; \$2.25 Entree Only

* Menu subject to change due to product availability.
This institution is an equal opportunity provider.