



# Our Lady of Grace Catholic School 2019-20 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	Banana Bread	Bagel Square w/ flavored filling	Cinnamon Roll	Chocolate/Cinnamon Bread
<b>Cold Entrees:</b>	Muffin & Cereal	Trix Yogurt & Cereal	Pop Tart & Cereal Bar	Cheese Stick & 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>French Toast Stix w/ Cheese Omelet</b> Tater Tot, Fruit & Milk	<b>Cheese-filled Breadstix w/ Sauce</b> Steamed Broccoli, Fruit & Milk
<b>Red</b>	<b>Chicken Nuggets w/ Soft Pretzel</b> Tator Tots, Fruit & Milk	<b>Pepperoni Calzone</b> Romaine Lettuce w/ Homemade Ranch, Fruit & Milk	<b>Grilled Cheese</b> Tomato Soup, Fruit & Milk	<b>Chicken Quesadilla w/ Spanish Rice</b> Corn, Salsa & Black Beans Fruit & Milk	<b>Cheese Pizza</b> Celery & Hummus, Fruit & Milk
<b>Green</b>	<b>Chicken Tenders w/ Roll</b> Broccoli & Cheese, Fruit & Milk	<b>Pancakes w/ Sausage Patties</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>Cheese Bites w/ Marinara Sauce</b> 3 Bean Salad & Green Beans, Fruit & Milk
<b>Yellow</b>	<b>Chicken Drumstick &amp; Waffles</b> Mashed Potatoes & Gravy, Fruit & Milk	<b>Hamburger/Cheese</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; Chicken Patty SW</b> Emoji Potatoes, Fruit & Milk	<b>Hot Dog w/ Choice of topping</b> Falafel Tots, 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>

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					22	23	Green	2	3	4	5	6	Red	1	2	3	4	Blue					1	Blue	2	3	4	5	6		
Red	26	27	28	29	30	Yellow	9	10	11	12	13	Green	7	8	9	10	11	Red	4	5	6	7	8	Red	9	10	11	12	13		
Aug 22 - First day of school					Orange	16	17	18	19	20	Yellow	14	15	16	17	Green	11	12	13	14	15	Green	16	17	18	19	20	21			
					Blue	23	24	25	26	27	Orange	21	22	23	24	25	Yellow	18	19	20	21	22		23	24	25	26	27			
					Red	30					Blue	28	29	30	31	Orange	25	26	27	28	29		30	31							
Closed Sept. 2 - Holiday					Closed: Oct. 18 - Teacher In-Service Day					Closed: Nov. 26-29 Thanksgiving Holiday					Closed: Dec. 23-Jan.3 - 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		
			1	2	3	Green	3	4	5	6	7	Red	2	3	4	5	6	Blue					1	2	3	Orange					1
Yellow	6	7	8	9	10	Yellow	10	11	12	13	14	Green	9	10	11	12	13	Red	6	7	8	9	10	Blue	4	5	6	7	8		
Orange	13	14	15	16	17	Orange	17	18	19	20	21	Yellow	16	17	18	19	20		13	14	15	16	17	Red	11	12	13	14	15		
Blue	20	21	22	23	24	Blue	24	25	26	27	28	Orange	23	24	25	26	27	Green	20	21	22	23	24	Green	18	19	20	21	22		
Red	27	28	29	30	31							Blue	30	31				Orange	27	28	29	30	Yellow	25	26	27	28				
Jan. 6 - Return from Winter Break. Closed: Jan. 20 - Holiday					Closed: Feb. 17 - Holiday					Closed: March 13 - Teacher In-Service					April 10-17 Easter Holiday					Closed: May 25 - Holiday May 28 - 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																															

**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

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