



Cathedral Parish School - Lunch

MON

TUES

WED

THURS

FRI

Dec 2017

1					
CENTER PLATE					House Made Cheese or Pepperoni Pizza
DELI DELIGHTS	Chicken Caesar Salads and Caesar Salads Also Available Monday - Thursday				
4 5 6 7 8					
CENTER PLATE	Breakfast for Lunch	All Beef Hot Dog	Three Cheese Baked Ziti	Mini Cheese Calzones with Marinara	House Made Cheese or Pepperoni Pizza
ALL AMERICAN GRILL	Crispy Chicken Sandwich	Crispy Chicken Sandwich	Crispy Chicken Sandwich	Crispy Chicken Sandwich	
DELI DELIGHTS	Chicken Caesar Salads and Caesar Salads Also Available Monday - Thursday				
11 12 13 14 15					
CENTER PLATE	Crispy Mini Corn Dog Nuggets	Homestyle Chicken Tenders	House Made Italian Mac and Cheese	House Made Cheese or Pepperoni Pizza	Half Day 11am Dismissal / No SLA Lunch Service
ALL AMERICAN GRILL	Crispy Chicken Sandwich	Crispy Chicken Sandwich	Crispy Chicken Sandwich		
DELI DELIGHTS	Chicken Caesar Salads and Caesar Salads Also Available Monday - Thursday				
18 19 20 21 22					
Winter Break					
25 26 27 28 29					
Winter Break					

All meals come with a Choice of Two Sides. Side choices may include Fruit Cups, Carrot Sticks, Chips, String Cheese Sticks or Signature Sides.

HARVEST OF THE MONTH

One of our chefs' favorite ingredients is the cucumber. Cucumbers have great flavor and are inexpensive. They are also a valuable source of antioxidant nutrients including vitamin C, beta-carotene, and manganese, as well as anti-inflammatories important for brain health. In a 100-gram serving, a raw cucumber is only 16 calories and being 95% water, is a refreshing way to keep hydrated. Cucumbers can even help kill odor-causing bacteria in your mouth, keeping your breath fresh as a daisy, and you...cool as a cucumber!

SLA Management is sensitive to the needs of students with disabilities and will make every reasonable effort to accommodate students with disabilities so they can enjoy school lunch. If your child has a medical condition that may be affected by eating school lunch, please contact your school's office for a Diet Modification form. In spite of our every effort, we cannot be absolutely certain that contaminants have not been introduced to products prior to their receipt, or preparation facilities used by a third party while not under the supervision of SLA Management.

This institution is an equal opportunity provider and employer.