

Blessed Sacrament School Lunch Menu

Lunch / Day = FREE

All grain items are whole-grain (WG) rich (>/= 51% whole grain).

Choice of fat free white or chocolate milk with meal.

Menu subject to change without notice. This institution is an equal opportunity provider.

Monday	Tuesday	Wednesday	Thursday	Friday
Feb 28	Mar 1	Mar 2	Mar 3	Mar 4
French Toast Sticks OR Breakfast Corn Dog (pancake-wrapped sausage on a stick) Tater tots Mini yogurt parfait Applesauce	<i>*FAT TUESDAY*</i> Catfish nuggets OR Chicken Strips Red beans & Rice, Hushpuppies Coleslaw Mandarin oranges	Ash Wednesday Grilled Cheese OR Cheese Pizza Tomato soup/crackers Carrots & dip Pineapple	Cold cut combo Sub (ham, bologna, salami) OR Meatball Sub Glazed Carrots Veggies & dip Peaches	NO SCHOOL
Mar 7	Mar 8	Mar 9	Mar 10	Mar 11
Sweet & sour chicken OR Teriyaki Meatballs Brown rice Stir-fry veggies Carrots & dip Pineapple	Walking taco Beef or Chicken Refried Beans, Corn Pears	½ Ham sandwich OR ½ Turkey sandwich Broccoli Cheese Soup WG chips Veggies & dip Apple Slices	Roast Turkey OR Baked Ham Sweet potatoes Green beans Dinner roll Carrots & dip Peaches	NO SCHOOL
Mar 14	Mar 15	Mar 16	Mar 17	Mar 18
Popcorn chicken OR Mini Corn Dogs Baked Beans Celery & PB Strawberry Cup	Taco pizza OR Beef soft taco Refried Beans, Corn Tortilla Chips Bean salsa Pears	Oriental Chicken Salad OR ½ Ham sandwich WG chips Carrots & dip Mandarin oranges	Shepherd's Pie OR Chicken & gravy Mashed potatoes Dinner roll Veggies & Dip Pineapple	Mozzarella Dippers OR Cheese Tortellini Breadstick, Broccoli, Side Salad Peaches
Mar 21	Mar 22	Mar 23	Mar 24	Mar 25
Cheeseburger OR Hot Dog French Fries Carrots & dip Pears	Chicken Burrito Bowl OR Chicken soft taco Brown Rice, Corn, Black Beans Peaches	Grilled Cheese OR Sloppy joe Tomato Soup Veggies & hummus Pineapple	PB&J Flatbread kit OR Pizza Flatbread Kit Veggies & dip Fresh fruit WG Cookie	Macaroni & Cheese OR Fish Sandwich SunChips Peas & Carrots Veggies & Dip Applesauce
Mar 28	Mar 29	Mar 30	Mar 31	Apr 1
Cheesy Bacon Chicken Wrap OR Garlic Cheese Pizza Sweet Potato Fries Carrots & dip Applesauce	Beef burrito bowl OR Beef Soft taco Refried Beans, Corn Tort. chips & salsa Pears	Baked Potato Bar OR Beef/bean Chili Broccoli Veggies & dip Mandarin oranges	Chicken Patty/Bun OR Turkey Bacon Sub Baked Beans Veggies & dip Fresh fruit	Baked Tilapia OR Lasagna roll-up Breadstick Side salad Peas Pineapple