

Catholic Diocese of Cleveland  
Nutrition Services  
Nourishing Tomorrow, Today



Lunch Includes:

- \*Main Item
- \*Choice of Vegetable Side
- \*Choice of Fruit Side
- \*1/2 Pint Milk

**LUNCH  
Menu**

Correspond the cycle week to the color-coordinated calendar below.

**August-  
December 2021**

CYCLE WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	Hamburger or Cheeseburger on a Bun  Seasoned Potato Wedges  Mixed Fruit or Seasonal Fresh Fruit	Chicken Patty on a Bun  Baked Beans or Tossed Garden Salad  Frozen Juice Cup	Meatball Sub  French Fries  Apple Slices or Seasonal Fresh Fruit	Chicken Tenders  Broccoli with Cheese or Tossed Garden Salad  Fruit Cup	Mozzarella Sticks with Dipping Sauce  Carrots  Pears or Seasonal Fresh Fruit  Cookie Treat!
<b>2</b>	Chicken Nuggets with a Roll  Mixed Veggies  Pineapple or Seasonal Fresh Fruit	Mini Corn Dogs and a Cheese Stick  Green Beans or Tossed Garden Salad  Fruit Cup	Salisbury Steak, Gravy and a Breadstick  Mashed Potatoes with Gravy  Applesauce or Seasonal Fresh Fruit	Chicken Drumstick with a Roll  Baked Beans or Tossed Garden Salad  Fruit Yogurt Parfait	Stuffed Crust Cheese Pizza with Dipping Sauce  Carrot Sticks with Dip  Peaches or Seasonal Fresh Fruit
<b>3</b>	Stuffed Crust Pepperoni Pizza with Dipping Sauce  Carrot Sticks with Dip  Pears or Seasonal Fresh Fruit	Walking Taco (Taco Meat, Cheddar Cheese, Tostitos Chips, with optional Black Beans and Salsa)  Corn or Tossed Garden Salad  Frozen Juice Cup	French Toast Sticks with Syrup  Tater Tots  100% Fruit Juice or Seasonal Fresh Fruit	Roasted Chicken with a Corn Muffin  Potato Smiles or Tossed Garden Salad  Sunshine Smoothie	Cheese Stuffed Breadsticks with Dipping Sauce  Green Beans  Applesauce or Seasonal Fresh Fruit  Cookie Treat!
<b>4</b>	Riblets With a Roll  Baked Beans  Peaches or Seasonal Fresh Fruit	Fiestada Pizza  Corn or Tossed Garden Salad  Mixed Fruit	Popcorn Chicken with a Breadstick  Mashed Potatoes with Gravy  Apple Slices or Seasonal Fresh Fruit	Hamburger or Cheeseburger on a Bun  Broccoli with Cheese or Tossed Garden Salad  Mandarin Oranges	Mac & Cheese with a Pretzel Rod  Carrots  Fruit Cup or Seasonal Fresh Fruit

Please note that regulations require that at least one fruit or vegetable side be chosen with each lunch.  
Substitutions of items may be necessary.

**This institution is an equal opportunity provider.**

August 2021

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

September 2021

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

October 2021

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/31	25	26	27	28	29	30

November 2021

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

December 2021

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Week 1 Meal Plan

Week 2 Meal Plan

Week 3 Meal Plan

Week 4 Meal Plan