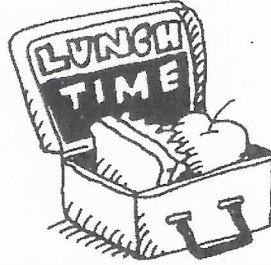


Catholic Diocese of Cleveland
Nutrition Services
Nourishing Tomorrow, Today



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.

January-May 2022

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

January 2022

S	M	T	W	T	F	S
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					

February 2022

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					

March 2022

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		

April 2022

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

May 2022

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