

# ARCHDIOCESE OF LOUISVILLE 2011/2012 CYCLE MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8/15-9/12 10/10-11/7 12/5-1/2 1/30-2/27 3/26-4/23 5/21-	Cheeseburger on Bun Hot Dog on Bun Baked Beans Veggie Cup w/Dip Fresh Fruit or Diced Peaches	Chicken Patty on Bun Spaghetti Tossed Salad French Fries Fresh Fruit or Mixed Fruit Roll or Garlic Bread	Pork Chop Fried or Baked Chicken Green Beans Mashed Potatoes Fresh Fruit or Pineapple Tidbits Roll	Italian Dippers PB&J Uncrustable California Blend Vegetables Peas Fresh Fruit or Diced Pears	Papa John's Pizza Fish on Bun Broccoli Corn Fresh Fruit or Applesauce
8/22-9/19 10/17-11/14 12/12-1/9 2/6-3/5 4/2-4/30 5/28-	Chicken Nuggets Grilled Cheese Sandwich Mashed Potatoes Green Beans Fresh Fruit or Applesauce Roll	Ham and Cheese Sub Sausage, Bacon or Ham Scrambled Eggs Hash brown Toast, Biscuit or Pancakes Fresh Fruit or Mixed Fruit	Sloppy Joe or BBQ on Bun Chef Salad w/ Crackers Tater Tots California Blend Veggies Fresh Fruit or Diced Pears	Asian Chicken PB&J Uncrustable Rice Broccoli and Cauliflower Fresh Fruit or Pineapple Tidbits Roll	Pepperoni or Cheese Pizza Turkey and Cheese Sandwich Veggie Cup w/Dip Tossed Salad Fresh Fruit or Diced Peaches
8/29-9/26 10/24-11/21 12/19-1/16 2/13-3/12 4/9-5/7	Taco Chef Salad w/ Crackers Refried Beans Corn Fresh Fruit or Diced Pears	Italian Dippers PB&J Uncrustable California Blend Vegetables Peas Fresh Fruit or Diced Pears	Chicken Pot Pie Cheeseburger on Bun Green Beans Tater Tots Fresh Fruit or Pineapple Tidbits	Spaghetti Chili w/Cheese and Crackers Tossed Salad Broccoli Fresh Fruit or Applesauce Roll or Garlic Bread	Papa John's Pizza Fish on Bun Macaroni and Cheese Carrot Sticks w/dip Fresh Fruit or Mixed Fruit
9/5-10/3 10/31-11/28 12/26-1/23 2/20-3/19 4/16-5/14	Corn Dog Grilled Cheese Sandwich Fries Carrots Fresh Fruit or Pineapple Tidbits	Asian Chicken Chef Salad w/ Crackers Broccoli Rice Fresh Fruit or Mixed Fruit Roll	Lasagna Ham and Cheese Sandwich Peas Tossed Salad Fresh Fruit or Diced Peaches Roll or Garlic Bread	Chicken Patty Sausage, Bacon or Ham Scrambled Eggs Hash brown Toast, Biscuit or Pancakes Fresh Fruit or Diced Pears Roll	Pepperoni or Cheese Pizza PB&J Uncrustable Corn Tossed Salad Fresh Fruit or Applesauce

Lunch= 1 Meat/Meat Alternate, 2 Fruits and or Vegetables, 1 Bread/Grain, 1 Milk. A variety of milk is offered daily. Fresh fruit may include apples, oranges, pears, bananas, strawberries, kiwi, watermelon, grapes, etc.

Nutritional information is based on a weekly average.				Student lunch cost	\$2.35
CALORIES	786	VITAMIN C	56 mg	Student reduced lunch cost	\$0.40
IRON	5.4 mg	PROTEIN	33 g	Ala carte items are available for purchase. All ala carte items contain 7 grams of fat or less.	
CALCIUM	540 mg	% CAL. FAT	29%	Ala carte items may only be purchased by students purchasing school lunch.	
VITAMIN A	4398 IU	% CAL. SAT. FAT	8 %	<b>MENU IS SUBJECT TO CHANGE WITHOUT NOTICE</b>	