

# ST. GREGORY THE GREAT

## AUGUST 2022 LUNCH MENU

Daily Fruit will be made up with a combination of some of these fruits:

Berries/Watermelon/Cantaloupe/Banana  
Mandarine Oranges/Pineapple/Pears Grapes

### Choices Offered Everyday:

**Choice C:**  
**Cheese Pizza**  
**W/ Daily Fruit & Daily Vegetable**

**Choice D:**  
**Hamburger/Cheeseburger**  
**W/ Daily Fruit & Daily Vegetable**

**\*All meals are served with Water or Lemonade**

**Prices:**  
**Small: \$4.50**  
**Large: \$5.50**  
**Healthy: \$6.00**



**MON**

**TUE**

**WED**

**THU**

**FRI**

1.

2.

3.

4.

5.

8.

9.

10.

11.

12.

15.

A.  
Crispy Chicken Sandwich  
Roasted Squash, Roasted Potatoes,  
& Daily Fruit

B.  
Healthy Option  
Grilled Chicken Sandwich  
W/ Roasted Squash, Roasted  
Potatoes & Daily Fruit

16

A.  
Chicken & Cheese Quessadillas  
w/Pinto Beans, Daily Fruit,  
& Cilantro Lime Rice

B.  
Healthy Option:  
Chipotle Chicken Bowl w/ Chicken, Cilantro Lime  
Rice, Pinto beans, Roasted corn, cheese,  
& Daily Fruit

17.

A.  
Grilled Polynesian Chicken  
w/Steamed Rice, Brown Sugar glazed  
carrots, Daily Fruit, & fortune cookie

B.  
Healthy Option:  
Asian Salad Grilled Chicken, Mandarin  
Oranges, Spring Lettuce, Cucumbers,  
Carrots, Cabbage, Crunchy Chow Mein,  
and Ginger Sesame Dressing

18.

A.  
Spaghetti & Meat Sauce  
w/Garlic Bread & Green Beans, Daily  
Fruit

B.  
Healthy Option:  
Zoodles & Meat Sauce  
w/ green beans & Garlic Bread

19.

A.  
Pancakes  
w/Yogurt, Daily Fruit & Homemade  
Sausage Patty

B.  
Healthy Option:  
Protein Pancakes w/Yogurt, Daily  
Fruit,& sausage

22.

A.  
Corn Dog  
w/ Raw Veggies w/ranch, Roasted  
Sweet Potatoes & Daily Fruit

B.  
Healthy Option:  
Turkey & Bacon Wrap  
Veggies w/Ranch & Fruit

23.

A.  
Beef and Cheese Nachos  
w/ Daily Fruit, Spanish Rice, Roasted Corn

B.  
Healthy Option:  
Taco Salad w/ lettuce, diced tomato,  
shredded cheddar, roasted corn, Ranch  
Dressing, taco meat, & Daily Fruit

24.

A.  
Grilled Chicken Teriyaki  
w/ steamed rice, Daily Fruit, Stir Fry Veggies,  
& Fortune cookie

B.  
Healthy Option:  
Asian Salad Grilled Chicken, Mandarin  
Oranges, Spring Lettuce, Cucumbers, Carrots,  
Cabbage, Crunchy Chow Mein, and Ginger  
Sesame Dressing

25.

A.  
Chicken Alfredo  
Garlic Bread, Roasted Squash, &  
Daily Fruit

B.  
Healthy Option:  
Chicken Caesar Salad w/ Daily  
Fruit & Garlic Bread

26.

A.  
Breakfast On a Bun  
(Egg and Cheese)  
w/Breakfast Potatoes, Daily Fruit, &  
Homemade Sausage Patty

B.  
Healthy Option:  
Veggie & Cheese Egg Bites  
w/Breakfast Potatoes, Daily Fruit, &  
Homemade sausage patty

29.

A.  
Popcorn Chicken  
Mashed Potatoes, Daily Fruit, &  
Roasted Corn

B.  
Healthy Option:  
Crispy Chicken Salad w/ Daily Fruit

30.

A.  
Cheese Quesadillas  
w/ Daily Fruit, Mexican Street Corn &  
Pinto Beans

B.  
Healthy Option:  
Spinach Cheese Quesadilla  
(on corn tortilla)  
w/ Mexican Street Corn & Pinto Beans

31.

A.  
Grilled Sweet and sour chicken  
w/ fried rice, Daily fruit, & Honey Garlic  
Vegetables, Fortune Cookies

B.  
Healthy Option  
Wok Bowl  
Chicken, Honey Garlic Vegetables  
Steamed Rice w/ Daily Fruit