

# ST. GREGORY THE GREAT

## SEPTEMBER 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 Veggie**

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

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

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



**MON**

**TUE**

**WED**

**THU**

**FRI**

**No School Lunch**

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1. A.  
Meatball Sub  
Veggies W/ Ranch, Chips, &  
Daily Fruit

B.  
Healthy Option:  
Chicken Caesar Wrap  
Raw Veggies w/Ranch, & daily  
fruit

2. **No School Lunch**

5. **No School Lunch**

6. A.  
Mexican Lasagna  
(Ground Meat, Beans, Cheese & Tortillas)  
W/ Cilantro Lime Rice & Daily Fruit, Raw  
Veggies w/ranch

B.  
Cheese Quesadillas (corn tortillas)  
W/ Mexican Street Corn, Cilantro Lime Rice,  
Daily Fruit

7. A.  
Orange Chicken  
Fried Rice, Stir Fry Veggies, Daily Fruit,  
& Fortune Cookie

B.  
Healthy Option:  
Asian Rice Bowl (Steamed Rice, Stir Fry  
Veggies, Cucumbers, w/ Orange Sauce)

8. A.  
Chicken Parmesan  
Garlic Bread, Roasted Squash. &  
Daily Fruit

B.  
Healthy Option:  
Crispy Chicken Salad  
& Daily Fruit

9. A.  
Pancake on Stick  
Yogurt, Homemade Sausage Patty, &  
Daily Fruit

B.  
Healthy Option  
Veggie Egg Bites  
Daily fruit, yogurt, & homemade  
sausage patty

12. A.  
Sun Butter & Jelly Sandwich  
Veggies w/Ranch, Chips, & Daily Fruit

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

13. A.  
Beef and Cheese Quesadillas  
, Roasted Corn, Pinto Beans, & Daily Fruit

B.  
Healthy Option:  
Taco Salad w/ lettuce. diced tomato,  
shredded cheddar, tortilla chips, roasted  
corn, salsa, taco meat, Daily Fruit

14. A.  
Chicken Teriyaki  
Steamed Rice, Stir Fry Veggies ,Fortune  
Cookie, & Daily Fruit

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

15. A.  
Bosco Cheese Sticks w/ Marinara Sauce  
Roasted Squash & Daily Fruit

B.  
Healthy Option:  
Zoodles w/Marinara sauce  
Garlic Bread, & Daily Fresh Fruit

16. A.  
Donut Holes  
Roasted Potatoes, Homemade  
Sausage Patty, & Daily Fruit

B.  
Healthy Option  
Egg & Cheese Bites  
Daily Fruit, Roasted Potatoes,  
Homemade Sausage Patties

19. A.  
Chicken Tenders  
Mashed Potatoes, Roasted Corn,  
& Daily Fruit

B.  
Healthy Option:  
Grilled Chicken. Bites  
Roasted Corn, Mashed Potatoes,  
w/ daily fruit

20. A.  
Chicken & Cheese Quesadilla  
Pinto Beans, Cilantro Lime Rice, &  
Daily Fruit

B.  
Healthy Option  
Chicken & Cheese Quesadilla  
(Corn Tortillas)  
Pinto Beans, Cilantro Lime Rice &  
Daily Fruit

21. A.  
Chicken Fried Rice  
Spring Roll, 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

22. A.  
Chicken Pasta Bake  
Garlic Bread, Green Beans &  
Daily Fruit

B.  
Healthy Option  
Grilled Chicken Caesar Salad  
with Daily Fruit & Garlic Bread

23. A.  
French Toast Sticks  
Roasted Potatoes, Homemade  
Sausage Patty, & Daily Fruit

B.  
Healthy Option  
Migas Egg Scrabbles w/ cheese,  
tomatoes, Roasted Potatoes, Beans,  
Daily fruit, & homemade sausage patty

26. A.  
Grilled Cheese Sandwich  
, Roasted Sweet Potatoes, Veggies  
w/Ranch & Daily Fruit

B.  
Healthy Option  
Grilled Chicken Salad  
& Daily Fruit

27. A.  
Bean and Cheese Burritos  
, Roasted Corn, Pinto Beans, & Daily Fruit

B.  
Healthy Option:  
Taco Salad w/ lettuce. diced tomato,  
shredded cheddar, tortilla chips, roasted  
corn, salsa, taco meat, Daily Fruit

28. A.  
Polynesian Chicken  
w/Steamed Rice, Daily Fruit, fortune  
cookie, & Stir Fry Veggies

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

29. A.  
Cheese Tortellini w/ Marinara  
Roasted Squash, Garlic Bread &  
Daily Fruit

B.  
Healthy Option:  
Grilled Chicken Cesar Salad  
Garlic Bread & Daily Fresh Fruit

30. A.  
Waffles  
Roasted Potatoes, Homemade Sausage  
Patty, & Daily Fruit

B.  
Healthy Option  
Protein Pancake  
Roasted Potatoes, Daily fruit, &  
homemade sausage patty