





Co-Cathedral of St John the Evangelist

April
2021

Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>ChooseMyPlate.gov</p>	 <p>This is for Food 4 Thought</p>		<p>1</p>	<p>2</p> <p>No School</p>
<p>5</p> <p>No School</p>	<p>6</p> <p>Crispy Chicken Sandwich OR Chicken Caesar Wrap Golden French Fries Fruit & Vegetable</p>	<p>7</p> <p>French Toast Sticks Scrambled Egg OR BBQ Chicken Sandwich Breakfast Potatoes Fruit & Vegetable</p>	<p>8</p> <p>Soft Beef Tacos OR Chicken and Cheese Quesadilla Spanish Rice Fruit & Lettuce, Tomato</p>	<p>9</p> <p>Cheese Pizza OR Grilled Cheese Sandwich Steamed Corn Fruit & Vegetable</p>
<p>12</p> <p>Pasta with Meat Sauce OR Chicken Alfredo w/Pasta Roasted Broccoli Garlic Toast Fruit & Vegetable</p>	<p>13</p> <p>Cheeseburger on Bun OR BBQ Rib Sandwich Greek Oven Roasted Potatoes Fruit & Vegetable</p>	<p>14</p> <p>Beefy Nachos w/Homemade Cheese Sauce OR Ham Deli Sandwich Fruit & Vegetable</p>	<p>15</p> <p>Popcorn Chicken OR Meatballs and Gravy Baked Potato Halves Steamed Green Beans Fruit & Vegetable</p>	<p>16</p> <p>Cheese Pizza OR Ham & Cheese on a Bagel Steamed Carrots Fruit & Vegetable</p>
<p>19</p> <p>Crispy Chicken Tenders OR Turkey Deli Sandwich Cheesy Mashed Potatoes Fruit & Vegetable</p>	<p>20</p> <p>Corn Dog OR BBQ Meatball Sub Tator Tots Fruit & Vegetable</p>	<p>21</p> <p>Chicken Nachos & Homemade Cheese Sauce Refried Beans OR Beef Taco Salad Fruit & Vegetable</p>	<p>22</p> <p>Crispy Chicken Sub Baby Spinach Ham & Cheese Pinwheel Kettle Potato Chips Fruit & Vegetable</p>	<p>23</p> <p>Cheese Pizza OR Turkey BLT Wrap Steamed Corn Fruit & Vegetable</p>
<p>26</p> <p>Parmesan Chicken Bites OR Turkey Deli Sub Sandwich Pasta w/Marinara Steamed Peas Fruit & Vegetable</p>	<p>27</p> <p>Beef Hotdog on a Bun OR Sloppy Joe on a Bun Kettle Potato Chips Fruit & Vegetable</p>	<p>28</p> <p>Cheesy Italian Flatbread OR Chicken Alfredo Pizza Steamed Green Beans Fruit & Vegetable</p>	<p>29</p> <p>Crispy Chicken Nuggets OR Chicken Caesar Wrap Garlic Parmesan Roasted Potatoes Fruit & Vegetable</p>	<p>30</p> <p>Cheese Calzone OR BBQ Rib Sandwich Green Beans Fruit & Vegetable</p>

PRICES

EXTRA INFO

Breakfast is served Daily. Options include; Hot Breakfast Sandwich, Breakfast Burrito, WG Donut, Cereal or Breakfast Bar with Milk & Fruit

HARVEST OF



THE MONTH

Your MENUS plus more information on our app
Taher Food4Life®



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