

Co-Cathedral of St John the Evangelist

Lunch Menu

January
2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>ChooseMyPlate.gov</p>				<p>1</p> <p>No School Happy New Year!</p>
<p>4</p> <p>Breakfast daily: Milk, Fruit, and cereal or breakfast bar or muffin</p> <p>Cheeseburger on Bun French Fries Ham Deli Sub Sandwich Fruit Baby Carrots</p>	<p>5</p> <p>Breakfast daily: Milk, Fruit, and cereal or breakfast bar or muffin</p> <p>Chicken Alfredo w/Pasta Garlic Toast Green Beans Turkey Ranch Wrap Fresh Apple Celery Sticks</p>	<p>6</p> <p>Breakfast daily: Milk, Fruit, and cereal or breakfast bar or muffin</p> <p>BBQ Chicken Sandwich Baked Beans Potato Chip Turkey & Ham Bagel Fruit Cucumber Slices</p>	<p>7</p> <p>Breakfast daily: Milk, Fruit, and cereal or breakfast bar or muffin</p> <p>Roast Turkey & Gravy Mashed Potatoes Steamed Corn Whole Grain Dinner Roll Chicken Caesar Wrap Green Pepper & Fruit</p>	<p>8</p> <p>Breakfast daily: Milk, Fruit, and cereal or breakfast bar or muffin</p> <p>Cheese Pizza Green Beans Pretzel Bites & Cheese Munchable Fruit Cherry Tomato</p>
<p>11</p> <p>Breakfast daily: Milk, Fruit, and cereal or breakfast bar or muffin</p> <p>Beef Hotdog or Brat Golden French Fries Roasted Vegetable Beef Taco Salad Red Peppers Fruit</p>	<p>12</p> <p>Breakfast daily: Milk, Fruit, and cereal or breakfast bar or muffin</p> <p>Grilled Cheese Sandwich Homemade Tomato Soup Crispy Chicken Sub Carrot Fruit</p>	<p>13</p> <p>Breakfast daily: Milk, Fruit, and cereal or breakfast bar or muffin</p> <p>Scrambled Egg French Toast or Pancakes Breakfast Potatoes Turkey & Cheese Flatbread Munchable Carrot & Fruit</p>	<p>14</p> <p>Breakfast daily: Milk, Fruit, and cereal or breakfast bar or muffin</p> <p>Italian Meatball Sub Penne Pasta w/ Marinara Green Beans Chicken Caesar Salad Fruit Celery Sticks</p>	<p>15</p> <p>Breakfast daily: Milk, Fruit, and cereal or breakfast bar or muffin</p> <p>Cheesy Italian Flatbread Steamed Peas Pizza Munchable Fruit Broccoli Florets</p>
<p>18</p> <p>No School</p>	<p>19</p> <p>Breakfast daily: Milk, Fruit, and cereal or breakfast bar or muffin</p> <p>Chicken Marinara Pasta Bake Garlic Toast Mixed Vegetable Chicken Caesar Wrap Cucumber Slices Fruit</p>	<p>20</p> <p>Breakfast daily: Milk, Fruit, and cereal or breakfast bar or muffin</p> <p>Regular or Spicy Chicken Patty/WG Bun Golden French Fries Turkey BLT Wrap Baby Carrots Fruit</p>	<p>21</p> <p>Breakfast daily: Milk, Fruit, and cereal or breakfast bar or muffin</p> <p>Chicken & Cheese Quesadilla Spanish Rice Pinto Beans Ham Deli Sandwich Red Peppers Fruit</p>	<p>22</p> <p>No School</p>
<p>25</p> <p>Breakfast daily: Milk, Fruit, and cereal or breakfast bar or muffin</p> <p>Corn Dog Golden French Fries Steamed Corn Chef Salad Fruit</p>	<p>26</p> <p>Breakfast daily: Milk, Fruit, and cereal or breakfast bar or muffin</p> <p>Popcorn Chicken Bowl Mashed Potatoes Steamed Corn Ham & Cheese Pinwheel Celery Sticks Fruit</p>	<p>27</p> <p>Breakfast daily: Milk, Fruit, and cereal or breakfast bar or muffin</p> <p>BBq Pork or BBq Chicken on Bun Baked Beans Potato Chips 7 Layer Salad Broccoli & Fruit</p>	<p>28</p> <p>Breakfast daily: Milk, Fruit, and cereal or breakfast bar or muffin</p> <p>Beefy Nachos w/Homemade Cheese Sauce Refried Beans Spanish Rice Buffalo Chicken Wrap Carrot & Fruit</p>	<p>29</p> <p>Breakfast daily: Milk, Fruit, and cereal or breakfast bar or muffin</p> <p>Cheese Pizza Steamed Corn Turkey & Cheese on a Bagel Red Peppers Fruit</p>

INFORMATION

EXTRA INFO

This is the header

HARVEST OF



THE MONTH

All the menu information on our app **Taher Food4Life®**



www.taher.com

Menus are subject to change without notice.