

St John's Co Cathedral Middle School

Lunch Menu

January
2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 No School	3 Crispy Chicken Tenders Whole Grain Dinner Roll Crispy Chicken Salad Steamed Peas	4 Soft Shell Taco Lettuce, Tomato and Cheese Turkey BLT Wrap Refried Beans	5 Pasta with Meatballs & Sauce Rip Stick Breadstick Crispy Chicken Sandwich Roasted Broccoli	6 Pancakes Sausage Patty Buffalo Chicken Pizza Steamed Carrots
9 Cheeseburger on a Bun Ham and Cheese Charcuterie Roasted Broccoli	10 Meatloaf Whole Grain Dinner Roll Chef Salad Mashed Potatoes & Gravy	11 Corn Dog Chicken Tacos Lettuce, Tomato and Cheese Baked Beans	12 Grilled Ham & Cheese Sandwich Crispy Chicken Sandwich Tater Tots	13 Lasagna Rollup with Sauce Garlic Toast Breakfast Pizza California Blend Vegetable
16 No School	17 Italian Meatball Sub Honey Mustard Ham Wrap Steamed Green Beans	18 Sausage Breakfast Biscuit Chicken Nachos & Canned Cheese Sauce Salsa Roasted Broccoli	19 Crispy Chicken Sandwich Cravin Craisin Salad Potato Wedges	20 No School
23 BBQ Pulled Pork Sandwich NY Style Buffalo Chicken Dip w/ Flatbread Charcuterie Coleslaw	24 Beef Hotdog on a Bun Southwest Chicken Salad Baked Beans M&M Cookie	25 Orange Chicken Brown Rice Steamed Carrots	26 Pancakes Easy Egg Bake Crispy Chicken Sandwich Potato Wedges	27 Italian Pasta Bake Garlic Toast BBQ Chicken Pizza Roasted Broccoli
30 Fish Sandwich with Cheese Deli Sandwich or Sub Parsley Potato	31 Crispy Chicken Nuggets Whole Grain Dinner Roll Chef Salad Roasted Broccoli			Fresh Fruits and Vegetables are Available Daily

PRICES

Student Lunch	\$3.30
Extra Entree	\$1.25
Staff Lunch	\$4.25
Extra Milk	\$.50
Salad Bar	\$1.50

EXTRA INFO

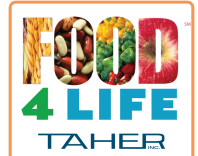
Milk Choice of 1% White or Skim Chocolate is Included with Lunch. For Questions or Concerns Contact Michelle Nelson
michelle.nelson@rcsmn.org

HARVEST OF



THE MONTH

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