

ARCHDIOCESE OF LOUISVILLE 2011/2012 CYCLE MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8/15-9/12	Cheeseburger on Bun	Chicken Patty on Bun	Pork Chop	Italian Dippers	Papa John's Pizza
10/10-11/7	Hot Dog on Bun	Spaghetti	Fried or Baked Chicken	PB&J Uncrustable	Fish on Bun
12/5-1/2	Baked Beans	Tossed Salad	Green Beans	California Blend Vegetables	Broccoli
1/30-2/27	Veggie Cup w/Dip	French Fries	Mashed Potatoes	Peas	Corn
3/26-4/23	Fresh Fruit or	Fresh Fruit or	Fresh Fruit or	Fresh Fruit or	Fresh Fruit or
5/21-	Diced Peaches	Mixed Fruit	Pineapple Tidbits	Diced Pears	Applesauce
		Roll or Garlic Bread	Roll		
8/22-9/19	Chicken Nuggets	Ham and Cheese Sub	Sloppy Joe or BBQ on Bun	Asian Chicken	Pepperoni or Cheese Pizza
10/17-11/14	Grilled Cheese Sandwich	Sausage, Bacon or Ham	Chef Salad w/ Crackers	PB&J Uncrustable	Turkey and Cheese Sandwich
12/12-1/9	Mashed Potatoes	Scrambled Eggs	Tater Tots	Rice	Veggie Cup w/Dip
2/6-3/5	Green Beans	Hash brown	California Blend Veggies	Broccoli and Cauliflower	Tossed Salad
4/2-4/30	Fresh Fruit or	Toast, Biscuit or Pancakes	Fresh Fruit or	Fresh Fruit or	Fresh Fruit or
5/28-	Applesauce	Fresh Fruit or	Diced Pears	Pineapple Tidbits	Diced Peaches
	Roll	Mixed Fruit		Roll	
8/29-9/26	Taco	Italian Dippers	Chicken Pot Pie	Spaghetti	Papa John's Pizza
10/24-11/21	Chef Salad w/ Crackers	PB&J Uncrustable	Cheeseburger on Bun	Chili w/Cheese and Crackers	Fish on Bun
12/19-1/16	Refried Beans	California Blend Vegetables	Green Beans	Tossed Salad	Macaroni and Cheese
2/13-3/12	Corn	Peas	Tater Tots	Broccoli	Carrot Sticks w/dip
4/9-5/7	Fresh Fruit or	Fresh Fruit or	Fresh Fruit or	Fresh Fruit or	Fresh Fruit or
	Diced Pears	Diced Pears	Pineapple Tidbits	Applesauce	Mixed Fruit
				Roll or Garlic Bread	
9/5-10/3	Corn Dog	Asian Chicken	Lasagna	Chicken Patty	Pepperoni or Cheese Pizza
10/31-11/28	Grilled Cheese Sandwich	Chef Salad w/ Crackers	Ham and Cheese Sandwich	Sausage, Bacon or Ham	PB&J Uncrustable
12/26-1/23	Fries	Broccoli	Peas	Scrambled Eggs	Corn
2/20-3/19	Carrots	Rice	Tossed Salad	Hash brown	Tossed Salad
4/16-5/14	Fresh Fruit or	Fresh Fruit or	Fresh Fruit or	Toast, Biscuit or Pancakes	Fresh Fruit or
	Pineapple Tidbits	Mixed Fruit	Diced Peaches	Fresh Fruit or Diced Pears	Fresh Fruit or
		Roll	Roll or Garlic Bread	Roll	Applesauce

Lunch= 1 Meat/Meat Alternate, 2 Fruits and or Vegetables, 1 Bread/Grain, 1 Milk. A variety of milk is offered daily. Fresh fruit may include apples, oranges, pears, bananas, strawberries, kiwi, watermelon, grapes, etc.

Nutritional information is based on a weekly average.				Student lunch cost	\$2.35
CALORIES	786	VITAMIN C	56 mg	Student reduced lunch cost	\$0.40
IRON	5.4 mg	PROTEIN	33 g	Ala carte items are available for purchase. All ala carte items contain 7 grams of fat or less.	
CALCIUM	540 mg	% CAL. FAT	29%	Ala carte items may only be purchased by students purchasing school lunch.	
VITAMIN A	4398 IU	% CAL. SAT. FAT	8 %	MENU IS SUBJECT TO CHANGE WITHOUT NOTICE	