


SEPTEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
1 - LABOR DAY	2	3	4	5 - National Cheese Pizza Day
	WG Mini Corn Dogs SIDES: Sweet Potato Fries Cucumber Slices Grapes Applesauce Skim Chocolate or Skim White Milk	Mandarin Orange Chicken & Brown Rice SIDES: Stir Fry Vegetables Tossed Salad Citrus Fruit Bowl Pineapple Tidbits Skim Chocolate or Skim White Milk	Mr. Rib Sandwich on WG Bun SIDES: Crinkle Cut Fries Baby Carrots Blueberries Mixed Fruit Cinnamon Streusel Cake Skim Chocolate or Skim White Milk	WG Stuffed Crust Cheese Pizza SIDES: Steamed Green Beans Fresh Broccoli Honeydew Mandarin Oranges  Skim Chocolate or Skim White Milk
8	9	10	11	12
WG Chicken Strips & Buttered Bread SIDES: Au Gratin Potatoes Celery Sticks Dried Cherries Applesauce Skim Chocolate or Skim White Milk	Beef Nacho Supreme on WG Tortilla Chips SIDES: Corn Refried Beans Shredded Lettuce Strawberries/Banana (winter) Sliced Pears Skim Chocolate or Skim White Milk	Pork Tenderloin Sandwich on WG Bun SIDES: Cherry Tomatoes Island Vegetables Fresh Orange Wedges Cinnamon Apple Slices Skim Chocolate or Skim White Milk	Chicken Alfredo, WG Pasta, Garlic Breadstick SIDES: Steamed Green Beans Tossed Salad Fresh Pear Wedges Mixed Fruit  Skim Chocolate or Skim White Milk	Toasted Cheese WG Sandwich SIDES: Tomato Soup Fresh Broccoli Watermelon/Craisins (winter) Sliced Pears Skim Chocolate or Skim White Milk
15	16	17	18	19
WG French Toast Sticks & Sausage Patty SIDES: Triangle Potato Spinach Salad Fresh Apple Wedges Pineapple Tidbits Skim Chocolate or Skim White Milk	WG Pizza Crunchers SIDES: Roasted Squash Assorted Relishes Blueberries Mixed Fruit  Skim Chocolate or Skim White Milk	WG Popcorn Chicken & Tiger Grahams SIDES: Baked Beans Baby Carrots Kiwi Apricots Skim Chocolate or Skim White Milk	Chicken and Gravy & WG Dinner Roll SIDES: Mashed Potatoes California Vegetables Banana Mandarin Oranges Skim Chocolate or Skim White Milk	Fish Sandwich on WG Bun SIDES: Steamed Broccoli Tossed Salad Fruit Slushie Skim Chocolate or Skim White Milk
22	23	24 - IOWA LOCAL FOOD DAY	25	26 - HOMECOMING
Hot Dog on WG Bun SIDES: Country Vegetables Seasoned Curly Fries Dried Cherries Cinnamon Apple Slices Skim Chocolate or Skim White Milk	WG French Bread Pizza SIDES: Broccoli Raisin Salad Carrot Coins Fresh Orange Wedges Applesauce  Skim Chocolate or Skim White Milk	BBQ Pulled Pork Sandwich on WG Bun SIDES: Local Corn Local Cherry Tomatoes Local Apples Mixed Fruit  Skim Chocolate or Skim White Milk	WG Macaroni & Cheese with Ham WG Breadstick SIDES: Steamed Broccoli Tossed Salad Cantaloupe Sliced Pears Cereal Bar Skim Chocolate or Skim White Milk	Wahlert Wins! Walking Taco SIDES: Marching Band Black Beans Goal Post Celery Sticks Linebacker Shredded Lettuce Blue & Gold Fruit Slushie Punt Return Sliced Peaches  Skim Chocolate or Skim White Milk
30	31	October 1	2	3
Chicken Patty Sandwich on WG Bun SIDES: Emoji Fries Mixed Vegetables Fresh Pear Wedges Applesauce  Skim Chocolate or Skim White Milk	WG Cheese Pizza SIDES: Pizza Fava Bean Spinach Salad Grapes Pineapple Tidbits Skim Chocolate or Skim White Milk	Salisbury Steak & WG Dinner Roll SIDES: Mashed Potatoes with Gravy Sliced Cucumbers Banana Sliced Peaches Skim Chocolate or Skim White Milk	Breakfast Sandwich on WG Bun SIDES: Steamed Peas Sweet Potato Fries Fresh Pineapple Mandarin Oranges Skim Chocolate or Skim White Milk	WG Tony's Cheesesticks & Marinara SIDES: Steamed Broccoli Tomato Mozzarella Salad Fruit Cup Skim Chocolate or Skim White Milk
Alternate Meals Offered Daily at Resurrection and St. Columbkilles:				
Peanut Butter & Jelly on WG Bread Ham & Cheese Sandwich on WG Bread		Alternate Meals Offered Daily at Our Lady:		*Menu subject to change without notice *WG = Whole Grain Rich Items
		Ham & Cheese Sandwich on WG Bread Cheese Sandwich on WG Bread		

*This institution is an equal opportunity provider.