



# BLESSED SACRAMENT LUNCH MENU AUGUST AND SEPTEMBER 2023



Monday	Tuesday	Wednesday	Thursday	Friday
8/28	8/29	8/30	8/31	9/1
Caprese Grilled Cheese, Baby Carrots, Chilled Applesauce  Garden Salad with Flatbread, Fresh Baby Carrots, Chilled Applesauce  Turkey and Cheese Sandwich, Baby Carrots, Chilled Applesauce	Cheeseburger, Baked Beans, Chilled Pears  Chicken Caesar Salad with Flatbread, Garbanzo Beans, Chilled Pears  Italian Sub, Garbanzo Beans, Chilled Pears	Chicken Patty Sandwich, French Fries, Fresh Apple  Garden Salad with Flatbread, Fresh Celery Sticks, Fresh Apple  American Sub, Fresh Celery Sticks, Fresh Apple	Popcorn Chicken with Mashed Potatoes and Gravy Served with Biscuit, Fresh Orange  Chicken Caesar Salad with Flatbread, Fresh Broccoli, Fresh Orange  Turkey and Cheese Sandwich, Fresh Broccoli, Fresh Orange	Cheese or Pepperoni Pizza, Roasted Broccoli, Chilled Peaches  Garden Salad with Flatbread, Chilled Corn, Chilled Peaches  Just Peachy Parfait, Cinnamon, Graham Cracker, Chilled Plantains, Chilled Peaches
9/4	9/5	9/6	9/7	9/8
<b>NO SCHOOL LABOR DAY</b>	Corn Dog, Fresh Fries, Fresh Apple  BBQ Chicken Salad with Flatbread, Grape Tomatoes, Fresh Apple  Ham and Cheese Sub, Grape Tomatoes, Fresh Apple	Beef Nachos Served with Cheese Sauce, Mexican Black Beans, Fresh Orange  Buffalo Chicken Salad with Flatbread, Black Beans, Fresh Orange  Crispy Chicken Sub, Black Beans, Fresh Orange	Meatball Sub, Steamed Green Beans, Chilled Pears  BBQ Chicken Salad with Flatbread, Fresh Celery Sticks, Chilled Pears  Ham and Cheese Sub, Fresh Celery Sticks, Chilled Pears	Cheese or Pepperoni Pizza, Roasted Carrots, Chilled Applesauce  Buffalo Chicken Salad with Flatbread, Baby Carrots, Chilled Applesauce  Crispy Chicken Sub, Baby Carrots, Chilled Applesauce
9/11	9/12	9/13	9/14	9/15
Spaghetti with Meatballs and Dinner Roll, Roasted Broccoli, Fresh Apple  Chef Salad with Flatbread, Fresh Broccoli Florets, Fresh Apple  Chicken Caesar Wrap, Fresh Broccoli, Fresh Apple	Chicken Parmesan Sandwich, French Fries, Fresh Orange  Tuna Salad with Flatbread, Grape Tomatoes, Fresh Orange  Italian Sub, Grape Tomatoes, Fresh Orange	Penne Pasta with Chicken Alfredo and Dinner Roll, Side Caesar Salad, Chilled Peaches  Chef Salad with Flatbread, Baby Carrots, Chilled Peaches  Chicken Caesar Wrap, Baby Carrots, Chilled Peaches	Cheeseburger, Baked Beans, Chilled Pears  Tuna Salad with Flatbread, Garbanzo Beans, Chilled Pears  Italian Sub, Garbanzo Beans, Chilled Pears	Cheese or Pepperoni Pizza, Grape Tomatoes, Chilled Applesauce  Chef Salad with Flatbread, Chilled Corn, Chilled Applesauce  Chicken Caesar Wrap, Chilled Corn, Chilled Applesauce
9/18	9/19	9/20	9/21	9/22
Grilled Chicken Cheese and Bacon Sandwich, French Fries, Fresh Apple  Cobb Salad with Flatbread, Baby Carrots, Fresh Apple  Buffalo Chicken Wrap, Baby Carrots, Fresh Apple	Popcorn Chicken with Rice, Roasted Broccoli, Fresh Orange  Teriyaki Chicken Salad with Flatbread, Fresh Broccoli Florets, Fresh Orange  Turkey and Bacon Wrap, Fresh Broccoli, Fresh Orange	Spicy Chicken Sandwich, Roasted Garbanzo Beans, Chilled Peaches  Cobb Salad with Flatbread, Roasted Garbanzo Beans, Chilled Peaches  Buffalo Chicken Wrap, Roasted Garbanzo Beans, Chilled Peaches	Fajita Chicken with Vegetable Lo Mein, Roasted Sesame Carrots, Chilled Pears  Teriyaki Chicken Salad with Flatbread, Grape Tomatoes, Chilled Pears  Turkey and Bacon Wrap, Grape Tomatoes, Chilled Pears	Cheese or Pepperoni Pizza, Baby Carrots, Chilled Applesauce  Cobb Salad with Flatbread, Chilled Corn, Chilled Applesauce  Buffalo Chicken Wrap, Chilled Corn Chilled Applesauce
9/25	9/26	9/27	9/28	9/29
Beef Taco with Cilantro Lime Rice, Pinto Beans, Fresh Apple  Chicken Caesar Salad with Flatbread, Pinto Beans, Fresh Apple  Tuna Wrap, Pinto Beans, Fresh Apple	Mozzarella Stuffed Breadsticks Marinara Sauce, Roasted Broccoli, Fresh Orange  Chicken BLT Salad with Flatbread, Fresh Broccoli, Fresh Apple  Turkey and Cheese Sandwich, Fresh Broccoli, Fresh Orange	Chicken Enchilada with Brown Rice, Mex Zucchini, Chilled Peaches  Chicken Caesar Salad with Flatbread, Fresh Zucchini Coins, Chilled Peaches  Tuna Wrap, Fresh Zucchini Coins, Chilled Peaches	BBQ Pulled Pork Sandwich, Roasted Sweet Potatoes, Chilled Pears  Chicken Caesar Salad with Flatbread, Roasted Sweet Potatoes, Chilled Pears  Turkey and Cheese Sandwich, Roasted Sweet Potatoes, Chilled Pears	Cheese or Pepperoni Pizza, Baby Carrots, Chilled Applesauce  Chicken BLT Salad with Flatbread, Baby Carrots, Chilled Corn, Chilled Applesauce  Tuna Wrap, Baby Carrots, Chilled Corn, Chilled Applesauce
1% AND FAT FREE MILK OFFERED DAILY				
PLEASE INFORM YOUR SERVER OF ANY FOOD ALLERGIES			Menu items are subject to change	
This Institution is an Equal Opportunity Provider				