



**HOLYOKE PUBLIC SCHOOLS
BLESSED SACRAMENT LUNCH
PRE-K MENU
AUGUST AND SEPTEMBER 2023**



Monday 08/28	Tuesday 08/29	Wednesday 08/30	Thursday 08/31	Friday 09/01
Grilled Cheese Sandwich on WG Bread	WG Popcorn Chicken with WG Dinner Roll	Whole Grain Penne Pasta with Meat sauce Heinz Sauce with Dinner Roll	Chicken Pot Pie with WG Biscuit	Cheese Pizza
Ham and Cheese Sandwich on WG Bread	Turkey and Cheese Sandwich on WG Bread	Ham and Cheese Sandwich on WG Bread	Turkey and Cheese Sandwich on WG Bread	Ham and Cheese Sandwich on WG Bread
Black Beans Baby Carrots Fresh Fruit	Parmesan Green Beans Roasted Broccoli Chilled Fruit	Roasted Garbanzo Beans Tater Tots Fresh Fruit	Roasted Broccoli Cucumber Coins Chilled Fruit	Mixed Vegetables Broccoli Florets Fresh Fruit
09/04	09/05	09/06	09/07	09/08
NO SCHOOL LABOR DAY	WG Beacon Street Breadsticks with Sauce	WG Chicken Nuggets with WG Dinner Roll	WG Chicken Patty Sandwich on WG Roll	Cheese Pizza on WG Dough
	Turkey and Cheese Sandwich on WG Bread	Ham and Cheese Sandwich on WG Bread	Turkey and Cheese Sandwich on WG Bread	Ham and Cheese Sandwich on WG Bread
	Steamed Corn Celery Sticks Chilled Fruit	Vegetarian Beans Tater Tots Fresh Fruit	Green Beans Cucumber Coins Chilled Fruit	Carrot Coins Zucchini Coins Fresh Fruit
09/11	09/12	09/13	09/14	09/15
Chicken and Cheese Quesadilla on WG Tortilla	WG Chicken Parm Sandwich on WG Roll	WG French Toast Sticks with Turkey Sausage Patty	Grilled Cheese Sandwich on WG Bread	Cheese Pizza on WG Dough
Ham and Cheese Sandwich on WG Bread	Turkey and Cheese Sandwich on WG Bread	Ham and Cheese Sandwich on WG Bread	Turkey and Cheese Sandwich on WG Bread	Ham and Cheese Sandwich on WG Bread
Black Beans Baby Carrots Fresh Fruit	Roasted Summer Squash Cucumber Coins Chilled Fruit	Tater Tots Cinnamon Baked Apples Fresh Fruit	Glazed Carrots Broccoli Florets Chilled Fruit	Roasted Broccoli Baby Carrots Fresh Fruit
09/18	09/19	09/20	09/21	09/22
WG Popcorn Chicken with WG Dinner Roll	Turkey Tacos on WG Tortilla	Meatball Sub	Chopped Turkey with WG Biscuit	Cheese Pizza on WG Dough
Ham and Cheese Sandwich on WG Bread	Turkey and Cheese Sandwich on WG Bread	Ham and Cheese Sandwich on WG Bread	Turkey and Cheese Sandwich on WG Bread	Ham and Cheese Sandwich on WG Bread
Roasted Broccoli Celery Sticks Fresh Fruit	Black Beans Baby Carrots Chilled Fruit	French Fries Steamed Peas Fresh Fruit	Mashed Potatoes Carrot Coins Chilled Fruit	Parmesan Green Beans Cucumber Coins Fresh Fruit
09/25	09/26	09/27	09/28	09/29
Cheeseburger on WG Roll	Grilled Cheese Sandwich on WG Bread	WG Mini Pancakes with Turkey Sausage	WG Macaroni and Cheese with WG Dinner Roll	Cheese Pizza on WG Dough
Ham and Cheese Sandwich on WG Bread	Turkey and Cheese Sandwich on WG Bread	Ham and Cheese Sandwich on WG Bread	Turkey and Cheese Sandwich on WG Bread	Ham and Cheese Sandwich on WG Bread
Steamed Corn Baby Carrots Fresh Fruit	Carrot Coins Sweet Potato Fries Chilled Fruit	Roasted Garbanzo Beans Tater Tots Fresh Fruit	Roasted Broccoli Cucumber Coins Chilled Fruit	Mixed Vegetables Broccoli Florets Fresh Fruit
Whole Milk (Until 2 Years), 1% or Fat Free Milk (2-5 Years) Offered Daily				
PLEASE INFORM YOUR SERVER OF ANY FOOD ALLERGIES			Menu items are subject to change	