



Mater Dei Catholic School Cafeteria September 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30 Cheeseburgers Fries Carrot Sticks Oranges	31 Chicken Strips Rice Pilaf Broccoli Roll Fruit	September 1 Quesadilla Refried Beans Tortilla Chips Fruit Churro	2 Pizza Salad Corn Mixed Fruit	3 Ham and Cheese Sandwich Pretzels Fresh Vegetables Apples	4
5	6 LABOR DAY No School	7 Chicken Nuggets Mashed Potatoes Green Beans Roll	8 BBQ Meatballs Buttered Noodles Frozen Peas Roll Fruit	9 Taco Salad Chips Fruit Churros	10 Pizza Sticks Marinara Sauce Salad Smiles Fruit Crisp	11
12	13 BBQ Beef on a Bun Corn on the Cob Fries Melon	14 Teriyaki Chicken Rice Stir Fry Vegetables Mandarin Oranges Cookie	15 Macaroni and Cheese Smokies Frozen Peas Roll Rosie Applesauce	16 Pizza Salad Corn Mixed Fruit	17 Peanut Butter and Jelly Sandwich Fritos Carrot Sticks Fruit Granola Bar	18
19	20 Breakfast For Lunch	21 Country Fried Steak Mashed Potatoes Green Beans Roll	22 Chicken Nuggets Nachos Green Beans Mixed Fruit Roll	23 Ravioli Corn Biscuit Fruit or Jell-o	24 Deli Sandwich Pickle Pretzels Vegetables and Dip Orange	25
26	27 Grilled Chicken Sandwich Vegetable Fruit	28 Chili Crackers Carrot Sticks Pears or Grapes Cinnamon Rolls	29 Hot Pockets Salad Fruit Cookie	30 Pizza Casserole Salad Garlic Bread Fruit	October 1 Hot Dogs Carrot Sticks Fries Fruit	

This institution is an equal opportunity provider. Menu is subject to change without notice.

1/2 pint of white skim, 2% white, chocolate skim, and strawberry skim offered with each lunch.