

Mater Dolorosa and Blessed Sacrament K-8
LUNCH MENU
January 2025



Monday	Tuesday	Wednesday	Thursday	Friday
Week 4: 1/6	1/7	1/8	1/9	1/10
Grilled Ham and Cheese Sandwich, Sweet Potato Fries, Fresh Orange	Mozzarella Stuffed Breadsticks, Marinara Sauce, Roasted Broccoli, Fresh Orange	Meatball Sub, Roasted Garbanzo Beans, Chilled Peaches	Cheeseburger, Steamed Corn, Fresh Apple	Cheese or Pepperoni Pizza, Celery Sticks, Baby Carrots, Chilled Pears
Garden Salad with Flatbread, Carrot Sticks, Fresh Orange	Cobb Salad with Flatbread, Broccoli Florets, Fresh Orange	Chicken Caesar Salad with Flatbread, Roasted Garbanzo Beans, Chilled Peaches	Cobb Salad Salad with Flatbread, Chilled Corn, Fresh Apple	Chicken Caesar Salad with Flatbread, Celery Sticks, Baby Carrots, Chilled Pears
Turkey and Cheese Sandwich, Sweet Potato Fries, Fresh Orange	Turkey and Cheese Sub, Broccoli Florets, Fresh Orange	Crispy Chicken Wrap, Roasted Garbanzo Beans, Chilled Peaches	Turkey and Cheese Sub, Chilled Corn, Fresh Apple	Crispy Chicken Wrap, Celery Sticks, Baby Carrots, Chilled Pears
Week 5: 1/13	1/14	1/15	1/16	1/17
		NO LUNCH BS		NO LUNCH MD
Buffalo Chicken Melt, Tuscan Vegetables, Fresh Pear	Mac & Cheese, Steamed Peas, Dinner Roll, Fresh Orange	Corn Dog, Cesar Side Salad, Chilled Peaches	Fish Sticks, Sweet Potato Fries, Ripstick, Fresh Apple	Cheese Pizza, Parmesan Green Beans, Chilled Pears
Fiesta Salad with Flatbread, Tuscan Vegetables, Fresh Pear	Crispy Chicken Salad with Flatbread, Baby Carrots, Fresh Orange	Fiesta Salad with Flatbread, Roasted Black Beans, Chilled Peaches	Crispy Chicken Salad with Flatbread, Zucchini Coins, Fresh Apple	Fiesta Salad with Flatbread with Flatbread, Parmesan Green Beans, Chilled Pears
EZ Hummus Box, Tuscan Vegetables, Fresh Pear	Ham and Cheese Sandwich, Baby Carrots, Fresh Orange	EZ Hummus Box, Roasted Black Beans, Chilled Peaches	Ham and Cheese Sandwich, Zucchini Coins, Fresh Apple	EZ Hummus Box, Parmesan Green Beans, Chilled Pears
Week 1: 1/20	1/21	1/22	1/23	1/24
MLK Day No School	Chicken Bowl with Mashed Potatoes, Sweet Corn, Gravy and Biscuit, Fresh Orange	Chicken Fajitas with salsa and sour cream, Spanish Rice, Seasoned Zucchini Chilled Peaches	Crispy Chicken Sandwich, Roasted Broccoli, Fresh Apple	Cheese or Pepperoni Pizza, Baby Carrots, Chilled Pears
	Cobb Salad with Flatbread, Broccoli Florets, Garbanzo Beans, Fresh Orange	BBQ Chicken Salad with Flatbread, Cherry Tomatoes, Chilled Peaches	Cobb Salad with Flatbread, Broccoli Florets, Garbanzo Beans, Fresh Apple	Cobb Salad with Flatbread, Cherry Tomatoes, Chilled Pears
	BBQ Chicken Sandwich, Sweet Corn, Fresh Orange	American Sub, Seasoned Zucchini, Chilled Peaches	BBQ Chicken Sandwich, Green Beans, Fresh Apple	American Sub, Baby Carrots, Chilled Pears
Week 2: 1/27	1/28	1/29	1/30	1/31
Beef Nachos with Cheese Sauce, Mexican Black Beans, Chilled Mixed Fruit	Meatball Sub, Steamed Broccoli, Fresh Orange	Hot Dog, French Fries, Italian Mixed Green Salad, Chilled Peaches	Diced Chicken Tacos with Tortilla Chips, Aztec Corn, Salsa, Sour Cream, Fresh Apple	Cheese or Pepperoni Pizza, Baby Carrots, Chilled Pears
Buffalo Chicken Salad with Flatbread, Chilled Mexican Black Beans, Chilled Mixed Fruit	Chef Salad with Flatbread, Broccoli Florets, Baby Carrots, Fresh Orange	Buffalo Chicken Salad with Flatbread, French Fries, Italian Mixed Green Salad, Chilled Peaches	Chef Salad with Flatbread, Celery sticks, Fresh Apple	Buffalo Chicken Salad with Flatbread, Baby Carrots, Chilled Pears
Italian Sub, Chilled Mixed Black Beans, Chilled Mixed Fruit	Buffalo Chicken Wrap, Broccoli Florets, Baby Carrots, Fresh Orange	Italian Sub, French Fries, Italian Mixed Green Salad, Chilled Peaches	Buffalo Chicken Wrap, Celery Sticks, Fresh Apple	Italian Sub, Baby Carrots, Chilled Pears
Week 3: 2/3	2/4	2/5	2/6	2/7
French Toast Sticks, Turkey Sausage Patty, Scrambled Eggs, Chilled Applesauce	Spicy Chicken Sandwich, Roasted Potatoes, Fresh Orange	Corn Dog, Roasted Garbanzo Beans, Celery Sticks, Chilled Peaches	Fish Sandwich, Baked French Fries, Fresh Apple	Cheese Pizza, Baby Carrots, Chilled Pears
Crispy Chicken Salad with Flatbread, Broccoli Florets, Chilled Applesauce	Chef Salad with Flatbread, Cherry Tomatoes, Fresh Orange	Crispy Chicken Salad with Flatbread, Garbanzo Beans, Celery Sticks, Chilled Peaches	Chef Salad with Flatbread, Baked French Fries, Fresh Apple	Crispy Salad with Flatbread, Baby Carrots, Chilled Pears
Chicken Caesar Wrap, Broccoli Florets, Chilled Applesauce	Hummus Wrap, Cherry Tomatoes, Fresh Orange	Chicken Caesar Wrap, Garbanzo Beans, Celery Sticks, Chilled Peaches	Hummus Wrap, Baked French Fries, Fresh Apple	Chicken Caesar Wrap, Baby Carrots, Chilled Pears

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Week 4: 2/10	2/11	2/12	2/13	2/14
<p>Grilled Chicken with Cheese and Bacon Sandwich, Roasted Carrots, Chilled Mixed Fruit</p> <p>Chicken Cesar Salad with Flatbread, Carrot sticks, Chilled Mixed Fruit</p> <p>EZ Breakfast Box, Carrot Sticks, Chilled Mixed Fruit</p>	<p>Mozzarella Stuffed Breadsticks, Marinara Sauce, Roasted Broccoli, Fresh Orange</p> <p>Cobb Salad with Flatbread, Broccoli Florets, Fresh Orange</p> <p>Turkey and Cheese Sub, Broccoli Florets, Fresh Orange</p>	<p>Meatball Sub, Roasted Garbanzo Beans, Chilled Peaches</p> <p>Chicken Caesar Salad with Flatbread, Roasted Garbanzo Beans, Chilled Peaches</p> <p>Crispy Chicken Wrap, Roasted Garbanzo Beans, Chilled Peaches</p>	<p>Cheeseburger, Steamed Corn, Fresh Apple</p> <p>Cobb Salad Salad with Flatbread, Chilled Corn, Fresh Apple</p> <p>Turkey and Cheese Sub, Chilled Corn, Fresh Apple</p>	<p>Cheese or Pepperoni Pizza, Celery Sticks, Baby Carrots, Chilled Pears</p> <p>Chicken Caesar Salad with Flatbread, Celery Sticks, Baby Carrots, Chilled Pears</p> <p>Crispy Chicken Wrap, Celery Sticks, Baby Carrots, Chilled Pears</p>
<p>1% AND FAT FREE MILK OFFERED DAILY SUNBUTTER AND JELLY SANDWICH OFFERED DAILY</p>				
<p>PLEASE INFORM YOUR SERVER OF ANY FOOD ALLERGIES</p>			<p>Menu items are subject to change</p>	
<p>This Institution is an Equal Opportunity Provider</p>				