

SEPTEMBER 2022

St. Francis Xavier Catholic School

LUNCH



Reduced Lunch: \$0.40
Paid Lunch \$4.00
Extra Main Entrée: \$1.00
Milk (white or chocolate): \$0.50



September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



MONDAY

Menu items subject to change without notice

This institution is an equal opportunity provider

WG = Whole Grain

TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

Labor Day
NO SCHOOL

5

Crispy Chicken Sandwich
 WG Bun
 Tater Tots
 Carrots
 Fruit
 Choice of Milk

6

Italian Pasta Bake
 Garden Salad w/ cucumbers
 Fruit
 WG Roll
 Choice of Milk

7

Pulled Pork on WG Bun
 WG Chips
 Baby Carrots
 Fresh Fruit
 Choice of Milk

1

WG Muffin
 Scrambled Eggs
 Yogurt
 Fruit
 Hashbrowns
 Choice of Milk

2

Corn Dog
 Garden Salad
 Baked Beans
 Fruit
 WG Cookie
 Choice of Milk

8

Grilled Cheese
 Tomato Soup
 Green Beans
 Banana and Strawberries
 Choice of Milk

9

Ham and Cheese Pinwheels
 French Fries
 Fruit
 Side Salad
 Choice of Milk

12

Bagel Pizza
 Garden Salad
 Cucumbers
 Grapes
 Choice of Milk

13

Country Style Beef Patty
 Mashed Potatoes
 Carrots
 Fruit
 Choice of Milk

14

Grilled Chicken on a Bun
 Baby Carrots
 Green Beans
 Fruit
 WG Brownie
 Choice of Milk

15

Bean and Cheese Burrito
 Salad
 Chuckwagon Corn
 Fruit
 Choice of Milk

16

Chicken Nuggets
 Waffle Fries
 Side Salad
 Fruit
 Choice of Milk

19

Hamburger on a Bun
 WG Chips
 Baked Beans
 Fruit
 Choice of Milk

20

Macaroni and Cheese
 BBQ Meatballs
 Seasoned Peas
 Fruit
 Choice of Milk

21

Chili
 Baby Carrots
 Fruit
 Cinnamon Roll
 Choice of Milk

22

Stuffed Crust Pizza
 Garden Salad
 Grape Tomatoes/Cucumbers
 Fruit
 Choice of Milk

23

Pork Rib on Bun
 Tater Tots
 Baby Carrots
 Mixed Fruit
 Choice of Milk

26

Taco Soup
 Tortilla Chips
 Fruit
 Side Salad
 Choice of Milk

27

World School Milk Day
 Pancakes
 Sausage Patty
 Hashbrown
 Fruit
 Choice of Milk

28

Little Smokies
 French Fries
 Baked Beans
 Strawberries and Bananas
 Choice of Milk

29

Pizza Quesadilla
 Side Salad
 Baby Carrots/ Cucumbers
 Fruit
 Choice of Milk

30