

# DIOCESE OF LAKE CHARLES

# SEPTEMBER, 2021

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<b>CHOICE OF MILK</b> 1% White Fat Free Chocolate Fat Free Strawberry  <b>MENUS SUBJECT TO CHANGE</b>	<b>Notification:</b> Peanuts/Peanut Butter are not used in our menus. However, some products may contain nuts, may be produced in plants that use nuts and may contain traces of nuts.	Pizza-Cheese <b>1</b> Corn ½ Baby Carrots 3/4 HS Fruit 1/2	Baked Chicken, Gravy <b>2</b> Brown Rice 1/2 - <b>1 (HS)</b> Lima Beans 1/2 Buttered Carrots 1/4-1/2 Fruit Choice 1/2 HS Fruit 1/2	Taco <b>3</b> (GB/Cheese/JP/SC) IB Lettuce 1/4-1/2 Green Beans 1/2 HS Fruit 1/2
<b>LABOR DAY</b>	Cheeseburger <b>7</b> WG Hamburger Bun Tomato Slices 1/4 IB Lettuce 1/8-1/4 French Fries 1/2 Orange Smiles 1/2 HS Fruit 1/2	Chili Mac <b>8</b> WG Pasta (Macaroni) 1/2 - <b>1 C. (HS)</b> Green Beans 1/2 <b>DG's Tossed Salad 1/4-1/2</b> Pineapple Tidbits 1/2 HS Fruit 1/2	Turkey Roast, Gravy <b>9</b> Red Beans 1/2 & Brown Rice 1/2- <b>1 C. (HS)</b> Yam Patty 1/4 <b>(1)</b> – 1/2 <b>(2)</b> Applesauce 1/2 HS Fruit 1/2	Grilled Cheese Melt Sandwich <b>10</b> Tomato Basil Soup <b>OR</b> Fresh Baby Carrots 1/2 Broccoli Florets 1/4-1/2 Vegetable Dip Fruit Choice 1/2 HS Fruit 1/2
Italian Meat Sauce <b>13</b> WG Pasta 1/2 Green Beans 1/2 <b>DG's Tossed Salad 1/4-1/2</b> Pear Slices 1/2 HS Fruit 1/2 WG Garlic Roll	Chicken Nuggets <b>14</b> Sweet Potato Fries / Puffs 1/2 Celery Sticks 1/4-1/2 Applesauce 1/2 HS Fruit 1/2 WG Dessert 3/4 - <b>1 (HS)</b>	Salisbury Steak, Gravy <b>15</b> Creamy Potatoes 1/2 <b>DG's Tossed Salad 1/4</b> <b>Cherry Tomatoes 1/4 (HS)</b> Peach Slices 1/2 HS Fruit 1/2 WG Yeast Roll	Chicken Stew (DC) <b>16</b> Brown Rice 1/2- <b>1 (HS)</b> Black Eye Peas 1/2 Fresh Baby Carrots 1/4-1/2 Apple Wedges 1/2 HS Fruit 1/2	Chili Cheese Fries <b>17</b> (Ground Beef & Cheese) French Fries 1/2 Broccoli Florets 1/2 Vegetable Dip Fruit Mix 1/2 HS Fruit 1/2
Fiesta Soft Tacos 1 (K-5) 2 (6-12) <b>20</b> GB/Cheese/JP/SC/Salsa/Lettuce Salsa 1/4 (HS) Pinto Beans 1/2 Sweet Kernel Corn / Cob 1/4 Peach Slices 1/2 HS Fruit 1/2	Hamburger <b>21</b> WG Hamburger Bun Tomato Slices 1/4 IB Lettuce 1/8-1/4 French Fries 1/2 Pear Slices 1/2 HS Fruit 1/2	Chicken Alfredo (DC) <b>22</b> WG Pasta (Spaghetti) 1/2 Yam Patty 1/2 <b>(2)</b> <b>DG's Tossed Salad 1/4-1/2</b> Orange Smiles 1/2 HS Fruit 1/2 WG Garlic Roll	Pork Roast, Gravy <b>23</b> Brown Rice 1/2 - <b>1 (HS)</b> Sweet Peas 1/2 Cauliflower 1/4-1/2 Cheese Sauce ( <b>¼ oz. cheese</b> ) Spiced Apple Slices 1/2 HS Fruit 1/2	Cheese Pizza <b>24</b> Broccoli Florets 1/2 Fresh Baby Carrots 1/4-1/2 Vegetable Dip Pineapple Tidbits 1/2 HS Fruit 1/2
WG Corn Dog <b>27</b> French Fries 1/2 Mexican Beans 1/2 Fruit Mix 1/2 HS Fruit 1/2	Hamburger Steak, Gravy <b>28</b> Brown Rice 1/2- <b>1 (HS)</b> Broccoli 1/2 Cheese Sauce ( <b>¼ oz. cheese</b> ) Yam Patty 1/4 <b>(1)</b> – 1/2 <b>(2)</b> Fruit Choice 1/2 HS Fruit 1/2	Chicken Nuggets <b>29</b> Macaroni & Cheese 1/2 Fresh Baby Carrots 1/4 Cherry Tomatoes 1/4 Cucumber Slices 1/4-1/2 Vegetable Dip Pear Slices 1/2 HS Fruit 1/2	Baked Chicken, Gravy <b>30</b> Brown Rice 1/2- <b>1 (HS)</b> Lima Beans 1/2 Buttered Carrots 1/4-1/2 Fruit Choice 1/2 HS Fruit 1/2	<p><b><i>This institution is an equal opportunity employer.</i></b></p>