



# Diocese of Shreveport Child Nutrition Program SJB October Lunch Menu 2020-2021

*Pre-K students receive all food item listed with portion sizes according to age.*

**Students in grades K-8<sup>th</sup> must choose at least 3 of 5 meal components offered daily (protein, grain, vegetable, fruit, and milk) and 1 component must be a fruit or a vegetable.)**

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>Oct 1</b>	<b>2</b>
			<b>Chicken Quesadillas</b> Sweet Corn English Peas Classic Applesauce Spanish Rice Milk	<b>Totchos (TaterTots w/ Chili &amp; Cheese)</b> Tater Tots Sweet Buttered Carrots Chilled Pears Cinnamon Roll Milk
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>Mini Corn Dogs</b> Tater Tots Steamed Broccoli Sweet Chilled Peaches Mac & Cheese Cup Milk	<b>Pizza Hut Pizza</b> Sweet Corn Fresh Cucumber Sticks W/ Ranch Dressing Fresh Seasonal Fruit Milk	<b>Chicken &amp; Waffles w/ Syrup</b> Creamy Whipped Potatoes English Sweet Peas Pineapple Tidbits Homemade Yeast Roll Milk	<b>Spaghetti Tacos</b> Fresh Baby Carrots Crisp Spring Salad Classic Applesauce Milk	<b>Nachos w/Cheese &amp; Chili (K-8) Chicken Nuggets (All Pre-K)</b> Best Baked Beans Oven Crisp French Fries Sweet Sliced Peaches Sugar Cookie Milk
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>Char-Broiled Hamburger</b> Oven Crisp French Fries Fresh Broccoli Florets Sweet Chilled Peaches Oatmeal Cookie Milk	<b>Pizza Hut Pizza</b> Sweet Potato Soufflé Crisp Spring Salad Fresh Seasonal Fruit Milk	<b>Meatloaf Cupcake</b> Creamy Whipped Potatoes Cajun Style Red Beans Fruit Cocktail w/Strawberry Jell-O Homemade Yeast Roll Milk	<b>Fiesta Tacos</b> Sweet Corn English Peas Classic Applesauce Spanish Rice Milk	<b>Ballpark Chili Fritos</b> Oven Crisp French Fries Sweet Buttered Carrots Chilled Pears Sugar Cookie Milk
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>Hot Dog w/Chili or Cheese</b> Best Baked Beans Oven Crisp French Fries Sweet Sliced Peaches Royal Brownie Milk	<b>Pizza Hut Pizza</b> Sweet Corn Fresh Cucumber Sticks W/ Ranch Dressing Fresh Seasonal Fruit Milk	<b>Oven Roasted Chicken</b> Creamy Whipped Potatoes Seasoned Green Beans Pineapple Tidbits Homemade Yeast Roll Milk	<b>Spaghetti &amp; Meat Sauce</b> Fresh Baby Carrots Crisp Spring Salad Classic Applesauce Fresh Garlic Breadsticks Milk	<b>Grilled Cheese Sandwich</b> Tater Tots Steamed Broccoli Sweet Chilled Peaches Milk
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<b>Totchos (TaterTots w/ Chili &amp; Cheese)</b> Tater Tots Sweet Buttered Carrots Chilled Pears Cinnamon Roll Milk	<b>Pizza Hut Pizza</b> Sweet Potato Soufflé Crisp Spring Salad Fresh Seasonal Fruit Milk	<b>Meatloaf Cupcake</b> Creamy Whipped Potatoes Cajun Style Red Beans Fruit Cocktail w/Strawberry Jell-O Homemade Yeast Roll Milk	<b>Chicken Quesadillas</b> Sweet Corn English Peas Classic Applesauce Spanish Rice Milk	<b>Fish Scribblers</b> Oven Crisp French Fries Fresh Broccoli Florets Sweet Chilled Peaches Mac & Cheese Cup Milk

*Menus are subject to change based on delivery of products.*

**Chicken Nuggets (Mon., Wed., Fri) or Mini Corn Dogs (Tues., Thurs.) are served as an entree option for grades K-8<sup>th</sup>.**

**Pre-Packaged Chef Salads are offered daily for grades K-8<sup>th</sup> and may include: Egg, Chicken Strips, Ham, or Turkey**

**2020-2021 Meal Prices**

Reduced	\$0.40
Student	\$3.60
Adult/Visitor	\$5.60

**2<sup>nd</sup> Servings**

Main Dish	\$1.60
Veggie or Fruit	\$0.75
Breads	\$0.50
Milk	\$0.75

**Smart Snacks are available at additional cost. Monthly Menus and all prices are posted online and in school cafeterias.**

**Daily Options:**

- **Fat Free condiments** may include: Ranch, Italian, & Honey Mustard Dressings, and Ketchup.
- **Milk Choices** include: Fat-Free Chocolate Milk and 1% White Milk.
- **Whole Grains:** 50% of all grain items are Whole Grain Rich.
- **Extra Sales USDA Approved Smart Snacks** options offered daily may include: 100% Fruit Juices, variety of Baked Chips, and low-fat and/or sugar-free Frozen Juices or Ice Creams.
- **Please sign up for FREE to monitor and maintain your child's meal account at [www.myschoolbucks.com](http://www.myschoolbucks.com)**
- **For more information please contact the Diocese of Shreveport Office of Child Nutrition at (318) 219-7297, or go to <http://www.dioshpt.org/ministries/catholic-schools/school-nutrition-program/>**