




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

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

Students in grades K-8th 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 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8
Mini Corn Dogs Tater Tots Steamed Broccoli Sweet Chilled Peaches Mac & Cheese Milk	Pizza Hut Pizza Sweet Corn Fresh Cucumber Sticks W/ Ranch Dressing Fresh Seasonal Fruit Rice & Gravy Milk	Chicken & Waffles w/ Syrup Creamy Whipped Potatoes English Sweet Peas Pineapple Tidbits Homemade Yeast Roll Milk	Spaghetti Tacos Fresh Baby Carrots Crisp Spring Salad Classic Applesauce Chocolate Cupcake w/Icing Milk	Nachos w/Cheese & Chili (K-8) Chicken Nuggets (All Pre-K) Best Baked Beans Oven Crisp French Fries Sweet Sliced Pears Sugar Cookie Milk
11	12	13	14	15
Char-Grilled Hamburger Oven Crisp French Fries Fresh Broccoli Florets Sweet Chilled Peaches Oatmeal Cookie Milk	Pizza Hut Pizza Sweet Potato Soufflé Crisp Spring Salad Fresh Seasonal Fruit Rice & Gravy Milk	Meatloaf Cupcake Creamy Whipped Potatoes Cajun Style Red Beans Fruit Cocktail w/Strawberry Jell-O Homemade Yeast Roll Milk	Fiesta Tacos Sweet Corn English Peas Classic Applesauce Spanish Rice Milk	Ballpark Chili Fritos Tater Tots Sweet Buttered Carrots Chilled Pears Sugar Cookie Milk
Martin Luther King Day 18	19	20	21	22
	Pizza Hut Pizza Sweet Corn Fresh Cucumber Sticks W/ Ranch Dressing Fresh Seasonal Fruit Rice & Gravy Milk	Chicken & Waffles w/ Syrup Creamy Whipped Potatoes English Sweet Peas Pineapple Tidbits Homemade Yeast Roll Milk	Spaghetti & Meat Sauce Fresh Baby Carrots Crisp Spring Salad Classic Applesauce Fresh Garlic Breadsticks Milk	<div style="text-align: center;">NEW!</div> Grilled Cheese Sandwich Tomato Soup Steamed Broccoli Sweet Chilled Peaches Peach Cobbler Crisp Milk
25	26	27	28	29
Totchos (TaterTots w/ Chili & Cheese) Tater Tots Sweet Buttered Carrots Chilled Pears Cinnamon Roll Milk	Pizza Hut Pizza Sweet Potato Soufflé Crisp Spring Salad Fresh Seasonal Fruit Rice & Gravy Milk	Oven Baked Chicken Creamy Whipped Potatoes Seasoned Green Beans Pineapple Tidbits Homemade Yeast Roll Milk	<div style="text-align: center;">NEW!</div> Grilled Chicken Sandwich Sweet Corn Baked Beans Classic Applesauce Vanilla Cupcake w/Icing Milk	Fish Scribblers Oven Crisp French Fries Fresh Broccoli Florets Sweet Chilled Peaches Mac & Cheese Milk

Menus are subject to change based on delivery of products.

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

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

2020-2021 Meal Prices

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

2nd 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**
- **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/>**