



August – September 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			29 Chicken Quesadillas Salsa, sour cream, tortilla chips Salad and fruit bar	30 Pizza Cheese or pepperoni Salad/fruit bar	31 Macaroni and Cheese with Broccoli Salad/fruit bar	1
2	3 Labor Day No School	4 Breakfast sandwiches (Sausage, egg & cheese on English muffin) Salad and fruit bar	5 Cheeseburgers & Tortellini salad Salad and fruit bar	6 Marinated Chicken with brown rice and grilled veggies (GF) Salad and fruit bar	7 Chasse Ravioli with garlic bread sticks and parmesan cheese Salad and fruit bar	8
9	10 Chicken Fingers and French Fries with green beans Salad and fruit bar	11 Taco Tuesday Seasoned Beef & all the fixings. (Hard and soft shell) Salad and fruit bar	12 Grilled Ham & Cheese with tomato soup Salad and fruit bar	13 Pancakes with real Vermont maple syrup & Vermont breakfast sausage Salad and fruit bar	14 Baked Ziti with summer squash Salad and fruit bar	15
16	17 Grilled Chicken Sandwiches (lettuce, tomato, onions & pickles) Salad and fruit bar	18 Penne with Sweet Italian Sausage roasted red peppers, onions and spinach w/ parmesan cheese Salad and fruit bar	19 Corn Dogs & Cole Slaw Salad and fruit bar	20 Chicken Cordon Bleu with roast cauliflower Salad and fruit bar	21 Stir-Fry Day Pork and vegetables with brown rice Salad and fruit bar	22
23	24 Waffles with Vermont maple syrup & bacon Salad and fruit bar	25 American Chop Suey Salad and fruit bar	26 Turkey Sandwiches & potato chips Salad and fruit bar	27 Beef Stew & bread Salad and fruit bar	28 Bagels and cream cheese Salad and fruit bar	29

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Salad and Fruit bar include: Yogurt, carrots, romaine, cucumbers, hard boiled eggs, diced ham, croutons, red peppers, broccoli, and assorted fruits