

Student name _____ Homeroom _____



Blessed Trinity 2023-24

Grades K-8

* = Low Sugar

Menu Subject to Change

BREAKFAST MENU

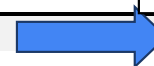
Monday	Tuesday	Wednesday	Thursday	Friday
4-Sep	5-Sep	6-Sep	7-Sep	8-Sep
Instructions for Breakfast: Write the letter "B" for each day Choose your choice of drink	Banana Muffin Choose "X": ___ Milk & fruit or ___ Fruit juice	WG Apple Fritter Bun* Choose "X": ___ Milk & fruit or ___ Fruit juice	Mini Pancake Bites Choose "X": ___ Milk & fruit or ___ Fruit juice	Chocolate Enrobed Donut* Choose "X": ___ Milk & fruit or ___ Fruit juice
11-Sep	12-Sep	13-Sep	14-Sep	15-Sep
Assorted Big Bowl Cereal Choose "X": ___ Milk & fruit or ___ Fruit juice	Apple Cinnamon Muffin Choose "X": ___ Milk & fruit or ___ Fruit juice	Mini Pancake Bites Choose "X": ___ Milk & fruit or ___ Fruit juice	WG Cinnamon Roll* Choose "X": ___ Milk & fruit or ___ Fruit juice	Chocolate Cake Donut* Choose "X": ___ Milk & fruit or ___ Fruit juice
18-Sep	19-Sep	20-Sep	21-Sep	22-Sep
Assorted Big Bowl Cereal Choose "X": ___ Milk & fruit or ___ Fruit juice	WG Chocolate Chip Muffin Choose "X": ___ Milk & fruit or ___ Fruit juice	Strawberry Hand Pie Choose "X": ___ Milk & fruit or ___ Fruit juice	Plain Bage & Cream Cheese Choose "X": ___ Milk & fruit or ___ Fruit juice	Glazed Mini Breakfast Bites* Choose "X": ___ Milk & fruit or ___ Fruit juice
25-Sep	26-Sep	27-Sep	28-Sep	29-Sep
Assorted Big Bowl Cereal Choose "X": ___ Milk & fruit or ___ Fruit juice	Cinnamon Crumble Top Loaf Choose "X": ___ Milk & fruit or ___ Fruit juice	WG Banana Chocolate Chip Oatmeal Breakfast Round Choose "X": ___ Milk & fruit or ___ Fruit juice	Mini Cinnis Choose "X": ___ Milk & fruit or ___ Fruit juice	WG Cake Donut* Choose "X": ___ Milk & fruit or ___ Fruit juice



LUNCH MENU

4-Sep	5-Sep	6-Sep	7-Sep	8-Sep
See back of this page for instructions / Mirar atrás para instrucciones	Korean BBQ Meatballs Seasoned rice, celery sticks, carrot slims, chilled pear and milk	Gyro Pita, grilled chicken, yogurt sauce, diced tomatoes, sliced cucumbers, banana and milk	Chicken Patty Sandwich Bun, steamed corn, ketchup, grapes and milk	Pizza Mixed green salad & dressing, apple and milk

Continued / Continúa



SEPTEMBER LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
11-Sep	12-Sep	13-Sep	14-Sep	15-Sep
Crunchy Chicken Tender Taco WG Tortilla, shredded lettuce & cheese, sauce, seasoned corn, cinnamon apple and milk Alternate: Butter & Jelly Sandwich	Sweet & Sour Chicken Steamed rice, baby carrots & dip, chilled pears and milk Alternate: Honey Mustard Chicken Bun	Walking Nachos Doritos, beef, shredded cheese, fried beans, banana & milk Alternate: Turkey Bun/mayo	Chicken Tikka Drumstick Roll, sliced cucumber & dip, grapes and milk Alternate: Chicken Caesar Wrap	Pizza Broccoli florets & dressing, apple and milk Alternate: Grilled Chicken Cheese Bun
18-Sep	19-Sep	20-Sep	21-Sep	22-Sep
Chicken Nuggets WG dinner roll, baked bean, carrot slims, cinnamon apple, milk Alternate: Butter & Jelly Sandwich	Swedish Meatballs / Gravy WG dinner roll, steamed carrots, chilled pear, wafer and milk Alternate: Honey Mustard Chicken Bun	Butter Chicken Steamed seasoned rice, celery sticks, banana and milk Alternate: Turkey Bun/mayo	Enchilada Nachos Frito Corn Chips, chicken, shredded cheese, sauce, street corn, grapes and milk Alternate: Chicken Caesar Wrap	Pizza Garden green salad & dressing, apple and milk Alternate: Grilled Chicken Cheese Bun
25-Sep	26-Sep	27-Sep	28-Sep	29-Sep
Cheese Stuffed Hot Pocket Celery stick, cinnamon apple and milk Alternate: Butter & Jelly Sandwich	Bengali Chicken & Potato Roll WG wrap, chicken and potato filling, Bengali sauce (yogurt chutney), carrots, pears, milk Alternate: Honey Mustard Chicken Bun	Hot Dog Bun, ketchup, beak beans, cucumber slices, strawberry bites and milk Alternate: Turkey Bun/mayo	Sesame Chicken Steamed sesame brown rice, sweet pea salads, carrot slims, grapes and milk Alternate: Chicken Caesar Wrap	Pizza Mixed green salad & dressing, apple and milk Alternate: Grilled Chicken Cheese Bun

1% milk served daily. All bread products/chips/tortilla/pasta listed in the menu are whole grain. All rice dishes/products are made of whole grain brown rice. 100% fruit juice served.

Lunch Menu Instructions: / Instrucciones

Fill in boxes for each day / llene cada encasillado por cada día

Write the letter(s) of your choice in each box. Escriba la letra(s) de su selección en el encasillado.

L - First lunch choice & milk / almuerzo principal y leche

S - Alternate lunch option & milk / almuerzo alterno y leche

LX - First lunch option & 2 milks ** / almuerzo principal y 2 leches**

SX- alternate lunch & 2 milks**/ almuerzo alterno y 2 leches**

M- 1 milk only** / 1 sola leche**

MM - 2 milks only** / 2 leches solas**

** For an additional cost / tiene un costo adicional