

Cathedral School Lunch Menu



CD = Contains Dairy

GF = Gluten Free

NV = Non Vegetarian

November 2016

Feature of the Month

E.Z. Orchards

E.Z. Orchards and farm market are located on the outskirts of Salem and in the heart of the Willamette Valley. The Zielinski family owns and operates the farm that was established in 1929. Fresh n' Local Foods has a wonderful partnership with E.Z. Orchards and they provide us with beautiful, delicious, locally grown apples and pears during the fall season!

All meals are served with fresh fruits and vegetables.

All meals are served with a variety of milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Lunch 1: Fiesta Pasta Salad, fresh fruit, and veggies Lunch 2: (NV, CD) Ham & Cheddar Sandwich, fresh fruit, and veggies	2 Lunch 1: (GF, CD) Taco Salad Bowl, Tortilla Chips, fresh fruit Lunch 2: (NV, CD) Turkey and Provolone Sandwich, fresh fruit, and veggies	3 Lunch 1: (NV, CD) Caesar Pasta Salad w/ Chicken, fresh fruit, and veggies Lunch 2: (NV, CD) Turkey Pastrami and Swiss Sandwich, fresh fruit, and veggies	4 Lunch: (NV) Teriyaki Chicken with Rice, fresh fruit, and veggies
7 Lunch: (CD) Mozzarella Pasta Bake, fresh fruit, and veggies	8 Lunch 1: (CD) Chef Salad Bowl, Cornbread Muffin, fresh fruit Lunch 2: (NV, CD) Ham & Cheddar Sandwich, fresh fruit, and veggies	9 Lunch 1: (GF, CD) Mexican Bean & Rice Bowl, fresh fruit, and veggies Lunch 2: (NV, CD) Turkey and Provolone Sandwich, fresh fruit, and veggies Lunch 3: Hamburgers	10 Lunch 1: (CD) Greek Pasta Salad, fresh fruit, and veggies Lunch 2: (NV) Chicken Salad Sandwich, fresh fruit, and veggies	11 No School
14 Lunch: (CD) Mac and Cheese fresh fruit, and veggies	15 Lunch 1: (NV, CD) Chicken Caesar Salad Bowl, Whole Wheat Roll, fresh fruit Lunch 2: (NV, CD) Ham & Cheddar Sandwich, fresh fruit, and veggies	16 Lunch 1: (NV) Teriyaki Soba Bowl with Chicken, fresh fruit, and veggies Lunch 2: (NV) Chicken Salad Sandwich, fresh fruit, and veggies	17 Lunch 1: Fiesta Pasta Salad, fresh fruit, and veggies Lunch 2: (NV, CD) Turkey and Provolone Sandwich, fresh fruit, and veggies	18 Lunch: (NV, CD) Cheesy Chicken and Rice, fresh fruit, and veggies
21 Lunch: (NV, CD) Chicken Pot Pie, fresh fruit, and veggies	22 Lunch 1: (GF, CD) Taco Salad Bowl, Tortilla Chips, fresh fruit Lunch 2: (NV) Chicken Salad Sandwich, fresh fruit, and veggies	23 No Lunch Service	24 No School	25 No School
28 Lunch: (NV) BBQ Chicken Sandwich, fresh fruit, and veggies	29 Lunch 1: (CD) Chef Salad Bowl, Cornbread Muffin, fresh fruit Lunch 2: (NV, CD) Ham & Cheddar Sandwich, fresh fruit, and veggies	30 Lunch 1: (GF, CD) Mexican Bean & Rice Bowl, fresh fruit, and veggies Lunch 2: (NV, CD) Turkey Pastrami and Swiss Sandwich, fresh fruit, and veggies		