

Cathedral School Fresh n' Local Lunch Menu



October 2016

Feature of the Month

CD = Contains Dairy

GF = Gluten Free

NV = Non Vegetarian

All meals are served with fresh fruits and vegetables.

All meals are served with a variety of milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch: (CD) Mac and Cheese	3 Lunch 1: (NV, CD) Ham & Cheddar Sandwich Lunch 2: (CD) Chef Salad Bowl, Cornbread Muffin	4 Lunch 1: (NV, CD) Turkey Pastrami and Swiss Sandwich Lunch 2: (GF, CD) Mexican Bean & Rice Bowl,	5 Lunch 1: (NV, CD) Turkey and Provolone Sandwich Lunch 2: (NV, CD) Caesar Pasta Salad w/ Chicken	6 Lunch: (NV, CD) Meaty Lasagna
10 Lunch: (CD) Mozzarella Pasta Bake	11 Lunch 1: (NV, CD) Turkey and Provolone Sandwich Lunch 2: (NV, CD) Chicken Caesar Salad Bowl, Whole Wheat Roll	12 Lunch 1: (NV) Chicken Salad Sandwich Lunch 2: (CD) Greek Pasta Salad	13 Lunch 1: (NV, CD) Ham & Cheddar Sandwich Lunch 2: (NV, CD) Caesar Pasta Salad w/ Chicken	14 No School
17 Lunch: (NV) Teriyaki Chicken with Rice	18 Lunch 1: (NV, CD) Turkey and Cheddar Sandwich Lunch 2: (GF, CD) Taco Salad Bowl	19 Lunch 1: (NV) Chicken Salad Sandwich Lunch 2: (CD) Fiesta Pasta Salad	20 Lunch 1: (NV, CD) Turkey Pastrami and Swiss Sandwich Lunch 2: (NV, CD) Chicken Bacon Ranch Pasta Salad	21 Lunch: (NV, CD) Chicken Pot Pie
24 Lunch: (CD) Veggie Lasagna	25 Lunch 1: (NV, CD) Ham & Cheddar Sandwich Lunch 2: (CD) Chef Salad Bowl, Cornbread Muffin	26 Lunch 1: (NV, CD) Turkey and Provolone Sandwich Lunch 2: (CD) SW Black Bean Wrap Lunch 3: Mummy Dogs	27 No School	28 No School
31 Lunch: (CD) Traditional Pizza Bagels				