

DuBois Central Catholic School Lunch



Head Cook: Louise Vasbinder
814.372.3885



Daily Variety Options May Include:
Baby Carrots, Broccoli,
Cauliflower, Green Peas, Legume
Salad, Dark Green Salad, Celery,
Cucumbers, Fresh Apples, Bananas,
Oranges, Grapes, Kiwi, Cantaloupe,
Watermelon, Pears, and Applesauce



Daily Variety Options May Include:
Peanut Butter & Jelly Sandwich
Turkey & Cheese Hoagie



January 18th

Meatloaf & Mashed Potatoes



Monday	Tuesday	Wednesday	Thursday	Friday
Jan 1 No School	Jan 2 BBQ Rib Sandwich OR Cheeseburger on Bun Sweet Potato Fries Applesauce Fat Free Milk	Jan 3 Chili Cheese Dog OR Corn Dog Nuggets Green Beans Mandarin Oranges Fat Free Milk	Jan 4 Italian Dunkers w/ sauce OR Crispy Chicken Sand- wich Seasoned carrots Banana Fat Free Milk	Jan 5 Toasted Cheese Sand- wich w/ Tomato Soup OR Cheese Pizza Steamed Peas Mixed Fruit Fat Free Milk
Jan 8 Italian Hoagie OR Chicken Nuggets w/ bread slice Corn Peaches Fat Free Milk	Jan 9 Chicken Bowl OR Cheeseburger on Bun French Fries Fat Free Milk	Jan 10 Meatball Hoagie OR Corn Dog Nuggets Green Beans Fresh Oranges Fat Free Milk	Jan 11 Diced Chicken & Gravy W/Biscuit OR Crispy Chicken Sand- wich Mashed Potatoes Diced Peaches Fat Free Milk	Jan 12 Macaroni and Cheese w/ dinner roll OR Cheese Pizza Stewed Tomatoes Pears Fat Free Milk
Jan 15 Chicken Salad w/pretzels OR Popcorn Chicken w/ roll Oven Baked French Fries Fresh Apples Fat Free Milk	Jan 16 Orange Kissed Chicken Bowl OR Cheeseburger Broccoli Applesauce Fat Free Milk	Jan 17 Soft Beef Taco w/ Sea- soned Rice OR Corn Dog Nuggets Refried beans Fresh Orange Fat Free Milk	Jan 18 Homemade Meatloaf OR Crispy Chicken Sand- wich Mashed Potatoes Peaches Fat Free Milk	Jan 19 Tuna Melt On Pretzel Bun OR Cheese Pizza Green Beans Fresh Apple Fat Free Milk
Jan 22 French Toast W/Sausage Patty OR Chicken Nuggets w/ roll Steamed Carrots Sliced Peaches Fat Free Milk	Jan 23 Chicken Parmesan w/ Pasta OR Hamburger on bun Fresh Romaine Salad Mandarin Oranges Fat Free Milk	Jan 24 Salisbury Steak w/ 2 bread slices OR Corn Dog Nuggets Mashed Potatoes Banana Fat Free Milk	Jan 25 Meatball Hoagie w/chees OR Crispy Chicken Sand- wich Sweet Potato Fries Mixed Fruit Fat Free Milk	Jan 26 Macaroni and Cheese w/ dinner roll OR Cheese Pizza Stewed Tomatoes Pears Fat Free Milk
Jan 29 Hot Ham and Cheese Hoagie Or Popcorn Chicken w/ bread slice Baked Beans Peaches Fat Free Milk	Jan 30 Chili Cheese Tots W/ Dinner Roll OR Hamburger On Bun Tater Tots Fresh Apple Fat Free Milk	Jan 31 French Toast Sticks w/ sausage OR Corn dog nuggets Tater Tots Applesauce Fat Free Milk		



***Must take at least one 1/2 cup of fruit or vegetable**

*Vegetable may include:

Broccoli Florets
Baby Carrots
Dark Leafy Greens
Legume Salads
Celery & Cucumber

***Fruits may include:**

Crisp Apple
Sliced Peaches
Mixed Fruit
Fresh Orange
Banana
Pineapple Tidbits
Diced Pears
Applesauce



Milk Choices Offered Daily:
1% white, non-fat white, non-fat flavored

Breakfast Prices
Paid \$1.00
Reduced \$.30

Lunch Prices:
Paid \$2.70
Reduced \$.40

The USDA is an equal opportunity provider and employer.

MENUS SUBJECT TO CHANGE