

# DuBois Central Catholic School Lunch



Head Cook: Louise Vasbinder  
814.372.3885



## The Garden

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

## The Deli

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

## Recipe Of The Month

Proud to manage your  
food service program

Monday	Tuesday	Wednesday	Thursday	Friday
			Mar 1 Italian Dunkers W/Sauce Or Crispy Chicken Sandwich Seasoned Carrots Banana Fat Free Milk Choice	Mar 2 Toasted Cheese Sandwich W/ Tomato Soup Or Cheese Pizza Steamed Peas Mixed Fruit Fat Free Milk Choice
Mar 5 Italian Hoagie Or Chicken Nuggets W/Bread Slice Sweet Potato Casserole Peaches Fat Free Milk Choice	Mar 6 Hot Dog On Bun Or Cheeseburger on Bun French Fries Fat Free Milk Choice	Mar 7 Nachos W/Cheese W/Bread Slice Or Corn Dog Nuggets Applesauce Fat Free Milk Choice	Mar 8 Meatball Hoagie Or Crispy Chicken Sandwich Green Beans Fresh Orange Fat Free Milk Choice	Mar 9 Macaroni and Cheese W/ Dinner Roll Or Cheese Pizza Stewed Tomatoes Pears Fat Free Milk Choice
Mar 12 BBQ Rib Sandwich Or Popcorn Chicken W/Bread Slice Baked Beans Applesauce Fat Free Milk Choice	Mar 13 Grilled Chicken Salad W/Dinner Roll Or Cheeseburger On Bun French Fries Sliced Pears Fat Free Milk Choice	Mar 14 Orange Kissed Chicken Bowl W/Bread Slice Or Corn Dog Nugget Steamed Broccoli Mandarin Oranges Fat Free Milk Choice	Mar 15 Pasta W/Meatsauce & Bread Slice Or Crispy Chicken Sandwich Romaine Lettuce Salad Fresh Orange Fat Free Milk Choice	Mar 16 Toasted Cheese Sandwich W/Tomato Soup Or Cheese Pizza Steamed Peas Mixed Fruit Fat Free Milk Choice
Mar 19 Steak & Cheese Hoagie Or Popcorn Chicken W/Bread Slice Sweet Potato Fries Peaches Fat Free Milk	Mar 20 Buffalo Chicken Pizza Or Cheese Pizza Or Cheeseburger On Bun Parsley Potatoes Fresh Apples Fat Free Milk	Mar 21 Meatball Hoagie Or Corn Dog Nuggets Corn Applesauce Fat Free Milk	Mar 22 Hot Ham & Cheese Hoagie Or Crispy Chicken Sandwich Green Beans Pineapple Tidbits Fat Free Milk Choice	Mar 23 Fish Sandwich Or Cheese Pizza Green Beans Diced Pears Fat Free Milk Choice
Mar 26 French Toast W/Syrup & Sausage Or Chicken Nuggets W/Bread Tater Tots Mixed Fruit Fat Free Milk Choice	Mar 27 Chicken Bowl W/Bread Slice Or Cheeseburger On Bun Mashed Potatoes Applesauce Fat Free Milk Choice	Mar 28 Walking Taco Or Corn Dog Nuggets Refried Beans Fresh Orange Fat Free Milk Choice	Mar 29 Italian Dunkers W/Sauce Or Crispy Chicken Sandwich Seasoned Carrots Peaches Fat Free Milk Choice	Mar 30 NO SCHOOL GOOD FRIDAY

## Accompaniments

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

**\*Vegetable may includes:**

- 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

**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**