

DuBois Central Catholic School Lunch Menu



Head Cook: Louise Vasbinder
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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
Ham & Cheese On Pretzel Bun,
Bologna & Cheese Sandwich,
Breaded Chicken Salad



Monday	Tuesday	Wednesday	Thursday	Friday
<p>LENT SPECIALS</p> <p>Fish Fillet Sandwich W/Cheese made available on Ash Wednesday and every Friday during Lent</p>				<p>Mar 1 Cheese Pizza Or Grilled Cheese Sandwich W/Tomato Soup Mixed Vegetables Fresh Apple Fat Free Milk Choice</p>
<p>Mar 4 Hot Ham & Cheese Sandwich Or Chicken Nuggets W/Dinner Roll Sweet Potato Fries Mixed Fruit Fat Free Milk Choice</p>	<p>Mar 5 Walking Taco W/Seasoned Rice Or Cheeseburger On Bun Refried Beans Pineapple Fat Free Milk Choice</p>	<p>Mar 6 Mac & Cheese W/Pretzel Or Italian Dunkers W/Dipping Sauce Steamed Broccoli Mandarin Oranges Fat Free Milk Choice</p> <p>ASH WEDNESDAY</p>	<p>Mar 7 Meatball Hoagie W/Cheese Or Crispy Chicken Sandwich Baked Beans Mixed Fruit Fat Free Milk Choice</p>	<p>Mar 8 Cheese Pizza Or Tuna Melt On Pretzel Bun Baked Beans Fresh Orange Fat Free Milk Choice</p>
<p>Mar 11 Meatloaf W/Gravy & 2 Dinner Rolls Or Chicken Nuggets W/Dinner Roll Mashed Potatoes Sliced Peaches Fat Free Milk Choice</p>	<p>Mar 12 Oven Roasted Chicken W/Dinner Rolls Or Cheeseburger On Bun Tater Tots Sliced Peaches Fat Free Milk Choice</p>	<p>Mar 13 Buffalo Chicken Pizza Or Corn Dog On A Stick Sweet Peas Fresh Apple Fat Free Milk Choice</p>	<p>Mar 14 Spaghetti & Meat Sauce W/Garlic Toast Or Crispy Chicken Sandwich Sweet Peas Mandarin Oranges Fat Free Milk Choice</p>	<p>Mar 15 Cheese Pizza Or Grilled Cheese Sandwich W/Tomato Soup Steamed Broccoli Fresh Orange Fat Free Milk Choice</p>
<p>Mar 18 Pulled Pork Sandwich Or Chicken Nuggets W/Dinner Roll Sweet Potato Fries Mandarin Oranges Fat Free Milk Choice</p>	<p>Mar 19 Beef Nachos W/Cheddar Cheese Or Cheeseburger On Bun Mixed Vegetables Mandarin Oranges Fat Free Milk Choice</p>	<p>Mar 20 BBQ Rib Hoagie Or Corn Dog Nuggets Shoe String Fries Mixed Fruit Fat Free Milk Choice</p>	<p>Mar 21 Hamburger Gravy W/2 Dinner Rolls Or Crispy Chicken Sandwich Mashed Potatoes Fresh Apple Fat Free Milk Choice</p>	<p>Mar 22 Cheese Pizza Or Tuna Noodle Casserole W/Dinner Roll Mixed Vegetables Mandarin Oranges Fat Free Milk Choice</p>
<p>Mar 25 Italian Dunkers W/Dipping Sauce Or Chicken Sticks W/Dinner Roll Sweet Peas Mixed Fruit Fat Free Milk Choice</p>	<p>Mar 26 French Toast Sticks W/2 Sausage Patties Or Cheeseburger On Bun Potato Smiles Pineapple Fat Free Milk Choice</p>	<p>Mar 27 BBQ Chicken W/Dinner Rolls Or Corn Dog Nuggets Baked Beans Pears Fat Free Milk Choice</p>	<p>Mar 28 Salisbury Steak W/2 Bread Slices Or Crispy Chicken Sandwich Mashed Potatoes Mandarin Oranges Fat Free Milk Choice</p>	<p>Mar 29 Cheese Pizza Or Mac & Cheese W/Pretzel Sweet Corn Fresh Apple Fat Free Milk Choice</p>



***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 Choices Offered Daily:
non-fat white, non-fat flavored

Breakfast Prices
Paid \$1.00
Reduced \$0.30

Lunch Prices:
Paid \$2.70
Reduced \$0.40

The USDA is an equal opportunity
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MENUS SUBJECT TO CHANGE