

Our Lady of Perpetual Help School

Sample Lunch Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Corn Dogs Mixed Veggies Apple Sauce Milk	2 Ham & Cheese Subs w/ lettuce, tomatoes & pickles Peaches Milk	3 *Vegetable Chili Corn Bread Orange Slices Milk	4 Bar-B-Q Chicken Potato Salad Pears Milk	5 Minestrone Mixed Fruit Roll Milk	6
7	8 Lasagna Salad Peaches Milk	9 Parmesan Chicken Corn Pineapple Milk	10 Mac N Cheese Peas Apple Sauce Milk	11 Beefy Spaghetti Broccoli w/cheese sauce Pears Milk	12 Chicken Noodle Soup Crackers Orange Slices Milk	13
14	15 Chicken Nuggets Green Beans Apple Sauce Milk	16 *Beef & Rice Casserole Mixed Veggies Peaches Milk	17 Turkey Sandwiches Green Beans Pears Milk	18 Chicken Enchiladas Pineapple Salad Milk	19 Vegetable Soup Crackers Fruit Cocktail Milk	20
21	22 Corn Dogs Green Beans Pears Milk	23 Beef & Cheese Burrito Peaches Corn Milk	24 Chicken Stir-Fry Over rice Fruit Salad Milk	25 Pizza Green Salad Pineapples Milk	26 Broccoli & Cheese Soup Roll Peaches Milk	27
28	29 Lasagna Green Salad Peaches Milk	30 Broccoli Quiche Fruit cocktail Milk	31 Taco W/ Toppings Pineapple Milk			