



Holy Spirit Catholic School

September
2022

Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	This is for Food 4 Thought		1 Hamburger on a Bun Corn Dog Baked Beans Fresh or Canned Fruit	2 No School
5 Labor Day	6 Cheese Quesadilla Grilled Cheese Sandwich Black Beans Fresh or Canned Fruit	7 Italian Pasta Bake Garlic Breadstick Roasted Broccoli Beef Taco Salad Fresh or Canned Fruit	8 Crispy Chicken Sandwich Golden Crinkle Cut French Fries Pizza Munchable Fresh or Canned Fruit	9 Pepperoni Pizza BBQ Rib Sandwich Caesar Side Salad Fresh or Canned Fruit
12 Crispy Chicken Nuggets Salisbury Steak Garlic Mashed Potato Whole Grain Dinner Roll Fresh or Canned Fruit	13 Beefy Nachos w/Cheese Sauce Beef Hotdog on a Bun Spicy Pinto Beans Fresh or Canned Fruit	14 Pasta with Meatballs & Sauce Bread Stick Italian Meatball Sub Steamed Green Beans Fresh or Canned Fruit	15 BBQ Rib Sandwich Crispy Chicken Sandwich Baked Beans Fresh or Canned Fruit	16 Cheesy Italian Flatbread Turkey & Cheese Flatbread Munchable Broccoli Salad Fresh or Canned Fruit
19 French Toast Sticks Sausage Patty Sausage Breakfast Biscuit Breakfast Potatoes Cheese Stick Fresh or Canned Fruit	20 Walking Taco Lettuce, Tomato and Cheese Crispy Chicken Salad Fresh or Canned Fruit	21 Macaroni & Cheese Beef Hotdog on a Bun Green Beans Fresh or Canned Fruit	22 Crispy Chicken Tenders Chicken & Gravy Mashed Potatoes Whole Grain Dinner Roll Fresh or Canned Fruit	23 French Bread Pizza Marinara Sauce Honey Mustard Ham Wrap Glazed Carrots Fresh or Canned Fruit
26 Corn Dog Grilled Cheese Sandwich Steamed Peas Fresh or Canned Fruit	27 Taco Pinwheels Homemade Nacho Cheese Sauce Buffalo Chicken Wrap Mexican Corn Fresh or Canned Fruit	28 Pancakes Syrup Sausage Patty Tater Tots Tater Tot Casserole Fresh or Canned Fruit	29 Crispy Chicken Sandwich Calico Bean Bake Kettle Potato Chips 7 Layer Salad Fresh or Canned Fruit	30 Pizza Parlor Breakfast Flatbread Roasted Broccoli Fresh or Canned Fruit

PRICES

Student Lunch
Extra Entree
Staff Lunch
Extra Milk

\$
\$
\$

EXTRA INFO

Milk Choice of 1% White or Skim Chocolate is Included with Lunch. For Questions or Concerns contact Michelle Nelson
michelle.nelson@rcsmn.org

HARVEST OF



THE MONTH

Your MENUS plus more information on our app
Taher Food4Life®



www.taher.com

Menus are subject to change without notice. This institution is an equal opportunity provider.