

St John's Co-Cathedral Middle School

Lunch Menu

December 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Chicken Alfredo w/Pasta Bread Stick Green Beans Pizza Munchable Fresh or Canned Fruit Vegetable Selection	2 Cheese Pizza Beef Hotdog on a Bun Fresh or Canned Fruit Vegetable Selection
5 Pancake on a Stick Breakfast Burrito Breakfast Potatoes Cheese Cubes Fresh or Canned Fruit Vegetable Selection	6 Chicken & Cheese Quesadilla Cilantro Lime Rice Black Beans Salsa Chicken Bowl Fresh or Canned Fruit Vegetable Selection	7 Popcorn Chicken Bowl Dinner Roll Fish Nuggets Fresh or Canned Fruit Vegetable Selection	8 Spicy Chicken Patty on Bun Sloppy Joe on a Bun Baked Beans Kettle Potato Chips Fresh or Canned Fruit Vegetable Selection	9 French Bread Pizza Chicken Alfredo Flatbread Steamed Peas Fresh or Canned Fruit Vegetable Selection
12 Corn Dog BBQ Rib Sandwich Golden French Fries Fresh or Canned Fruit Vegetable Selection	13 Beefy Nachos w/Cheese Sauce Buffalo Chicken Fajita Wrap Fresh or Canned Fruit Vegetable Selection	14 Macaroni & Cheese Green Beans BBQ Chicken Legs Fresh or Canned Fruit Vegetable Selection	15 Homemade Chicken Noodle Soup Ham Deli Sandwich Beef Chili Cornbread Fresh or Canned Fruit Vegetable Selection	16 Cheese Pizza Hamburger on a Bun Fresh or Canned Fruit Vegetable Selection
19 French Toast Sticks Sausage Patty Sausage Breakfast Biscuit Tater Tots Cinnamon Roll Fresh or Canned Fruit Vegetable Selection	20 Soft Beef Tacos Lettuce, Tomato and Cheese Spiced Pinto Beans BBQ Pulled Pork Sandwich Kettle Potato Chips Fresh or Canned Fruit Vegetable Selection	21 Pizza Parlor Italian Meatball Sub Fresh or Canned Fruit Selection Vegetable Selection Holiday Treat	22 No School	23 No School
26 No School	27 No School	28 No School	29 No School	30 No School

PRICES

Student Lunch	\$3.30
Extra Entree	\$1.25
Staff Lunch	\$4.25
Extra Milk	\$.50
Salad Bar Only	\$1.50

EXTRA INFO

Milk Choice of 1% White or Skim Chocolate is Included with Lunch

HARVEST OF



THE MONTH

Menus and nutrition
our app
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