

Catholic Diocese of Cleveland  
 Nutrition Services  
 Nourishing Tomorrow, Today



**Lunch Includes:**  
 \*Main Item  
 \*Choice of Vegetable Side  
 \*Choice of Fruit Side  
 \*1/2 Pint Milk

**LUNCH Menu** Correspond the cycle week to the color-coordinated calendar below. **January-May 2022**

CYCLEWEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	Chicken Nuggets with a Roll  French Fries  Peaches or Seasonal Fresh Fruit	Walking Taco (Taco Meat, Cheddar Cheese, Tostitos Chips, with optional Salsa)  Green Beans or Tossed Garden Salad  Frozen Juice Cup	French Toast Sticks with Syrup  Tator Tots  Applesauce or Seasonal Fresh Fruit	Hamburger or Cheeseburger on a Bun  Baked Beans or Tossed Garden Salad  Fruit Parfait  <i>Cookie Treat</i>	Mac & Cheese with a Pretzel Rod  Carrot Sticks with Dip  Mixed Fruit or Seasonal Fresh Fruit
<b>2</b>	Swedish Meatballs and a Roll  Mashed Potatoes with Gravy  Applesauce Cup or Seasonal Fresh Fruit	Popcorn Chicken with a Roll  Carrots or Tossed Garden Salad  Frozen Juice Cup	Pepperoni Pizza  Corn  Pears or Seasonal Fresh Fruit	Chicken Tenders  Baked Beans or Tossed Garden Salad  Applesauce	Mozzarella Sticks with Dipping Sauce  Broccoli with Cheese  Strawberry Cup or Seasonal Fresh Fruit  <i>Cookie Treat</i>
<b>3</b>	Chicken Nuggets with a Roll  French Fries  Peaches or Seasonal Fresh Fruit	Walking Taco (Taco Meat, Cheddar Cheese, Tostitos Chips, with optional Salsa)  Green Beans or Tossed Garden Salad  Frozen Juice Cup	French Toast Sticks with Syrup  Tator Tots  Applesauce or Seasonal Fresh Fruit	Hamburger or Cheeseburger on a Bun  Baked Beans or Tossed Garden Salad  Fruit Parfait  <i>Cookie Treat</i>	Mac & Cheese with a Pretzel Rod  Carrot Sticks with Dip  Mixed Fruit or Seasonal Fresh Fruit
<b>4</b>	Swedish Meatballs and a Roll  Mashed Potatoes with Gravy  Applesauce Cup or Seasonal Fresh Fruit	Popcorn Chicken with a Roll  Carrots or Tossed Garden Salad  Frozen Juice Cup	Pepperoni Pizza  Corn  Pears or Seasonal Fresh Fruit	Chicken Tenders  Baked Beans or Tossed Garden Salad  Applesauce	Mozzarella Sticks with Dipping Sauce  Broccoli with Cheese  Strawberry Cup or Seasonal Fresh Fruit  <i>Cookie Treat</i>

Please note that regulations require that at least one fruit or vegetable side be chosen with each lunch.  
 Substitutions of items may be necessary.

**This institution is an equal opportunity provider.**

January 2022

S	M	T	W	T	F	S
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

February 2022

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

March 2022

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

April 2022

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

May 2022

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Week 1 Meal Plan
  Week 2 Meal Plan
  Week 3 Meal Plan
  Week 4 Meal Plan