



WEEK 3

LUNCH	MONDAY 10/6	TUESDAY 10/7	WEDNESDAY 10/8	THURSDAY 10/9	FRIDAY 10/10
SIGNATURE	Fun Day Chicken Nuggets Mash Potato Gravy Cheesy Broccoli Carb Counts: Nuggets=13g Mashed Potato=17.5g Gravy=4g Broccoli=3g Cheese Sauce=5g	Taco Tuesday Walking Taco Beef or Chicken White Rice Black Beans Fresh Toppings Carb Counts: Doritos=19g Beef=3g Chicken=4g Rice=23g Black Beans=10g	Choices Mac & Cheese Roasted Rosemary Potatoes Cornbread Muffin Green Beans Carb Counts: Mac and Cheese=47g Potatoes= 18g Cornbread=27g Green Beans=3.5g	Wing Day BBQ, Buffalo and Plain Boneless wings Cheese Fries Carrots and Celery Carb Counts: BBQ wings=29g Buffalo=26g Plain=24g Fries with cheese=15g Carrots and Celery=5g	No School
GRILL	Mozzarella Sticks Carb Counts: Mozz sticks=20g Sauce=8g	Grilled Chicken Sandwich Carb Count: Buns=39g Chicken=0g	BBQ Chicken Sandwich Carb Counts: Bun=39g Chicken patty=13g Sauce=1g	Meatball Sub Carb Count: Buns=34g Meatball=5g Sauce=8g Cheese=1g	
PRODUCE BAR	Chopped Romaine, Cherry tomato, baby Carrots, Broccoli, cucumbers, celery, Assorted peppers, Cauliflowers, Hummus, Grapes, Pineapples, Peaches, Apples, Oranges, Bananas and Composed Salads.				

MAKE IT A MEAL!

A meal includes grain, protein, fruit, vegetable and milk. Be sure to take at least three components of a meal (including ½ cup of fruit or vegetable) to receive our meal pricing!

Lunch: \$5.25

Grill: \$4.00

Extra Milk: \$0.75

Questions or special requests regarding food sensitivities?

Contact us! We're happy to work together to support your student!

Access the week menus through the page stjudejaguars.org

Oscar Graham

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