



WEEK 4

LUNCH	MONDAY 9/15	TUESDAY 9/16	WEDNESDAY 9/17	THURSDAY 9/18	FRIDAY 9/19
SIGNATURE	<u>Fun Day</u> Spaghetti and Meatballs Mixed Veggies Garlic Bread Carb Counts: Spaghetti=42g Sauce=8g Meatballs=5g Veggies=19g Bread=18g	<u>Another Tuesday</u> Chicken & Waffles Potato Wedges Green Beans Carb Counts: Chicken=24g Waffles=21g Potato Wedges=18g Green Beans=3.5g	<u>Choices</u> Tater Tot Bar Chili Cheese Onions Cornbread Muffin Carb Counts: Tots=19g Chili=10g Cheese=1g Onion=1g Corn muffin= 27g	<u>Asian Style</u> Orange Chicken Fried or white Rice Dumpling Steamed Broccoli Carb Counts: Orange chicken=44g Fried Rice=21.5 Rice=23g Dumpling=17g Broccoli=4g	<u>Pizza Day</u> French Bread Pizza Cheese or Pepperoni Pasta Salad Carb counts: Bread=25g Sauce=6g Cheese=1g Pepperoni=0g Pasta Salad=32g
GRILL	Cheeseburger Carb Counts: Buns=39g Cheese=1g Burger=0g	BBQ Pulled Pork Sandwich Carb Count: Bun=39g BBQ pork=14g	Mozzarella Sticks Carb Counts: Mozz sticks=20g Sauce=8g	Chicken Parm Sub Carb Count: Bun=34g Chicken Patty=13g Sauce=8g Cheese=1g	Boneless Wings Carb Counts: Boneless wings=24g
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
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

through the SchoolCare app!

Oscar Graham

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