



WEEK 2

LUNCH	MONDAY 9/29	TUESDAY 9/30	WEDNESDAY 10/1	THURSDAY 10/2	FRIDAY 10/3
SIGNATURE	Fun Day Eggs and Waffles with Topping Bar Tater Tots Bacon or Sausage Carb Counts: Eggs=3g Waffles=21g Tots=19g Sausage/Bacon=0g	Taco Tuesday Chicken or Cheese Quesadilla Yellow Rice and Black Beans Carb Counts: Chicken or Cheese Quesadilla= 26g Rice=23g Beans=10g	Choices Baked Potato Bar Chili Cheese Onions Steamed Broccoli Pasta salad Carb Counts: Potato=26g Chili=10g Cheese=1g Onion=1g Pasta Salad=32g	Asian Style Orange Chicken Lo Mein noodles or White Rice Steamed Cauliflower Carb Counts: Orange Chicken=44g Lo Mein=17g Rice=23g Cauliflower=4g	Pizza Day French Bread Pizza Cheese or Pepperoni Broccoli salad Carb counts: Bread=25g Sauce=6g Cheese=1g Pepperoni=0g Broccoli Salad=4g
GRILL	Chicken Nuggets Carb Counts: Nuggets=13g	Spicy Chicken Sandwich Carb Count: Bun=39g Patty=13g	Mini Corn Dogs Carb Counts: Mini Corn Dogs=28.5g	Ham & Cheese Melt Carb Count: Bread=40g Cheese=1g Ham=3g	BBQ Pulled Pork Sandwich Carb Counts: Bun=39g BBQ pork=14g
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

Oscar Graham

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