

SEPTEMBER 2022

ARCHBISHOP DAMIANO SCHOOL

LUNCH



Bringing our school community together through diverse, nutritious, and delicious food choices.



September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



MONDAY

School Closed

Labor Day

5

School Closed

Turkey & Cheese on
Whole Wheat Roll
Steamed Broccoli
Pears
Milk

12

Ham & Cheese on
Whole Wheat Roll
Steamed Broccoli
Oranges Slices
Milk

19

Hot Dog on
Whole Wheat Roll
Baked Beans
Applesauce
Milk

26

TUESDAY



School Closed

Hearty Chili w/Whole
Wheat Roll
Carrots
Peaches
Milk

13

Chicken Cacciatore w/
Whole Wheat Roll
Oriental Vegetables
Peaches
Milk

20

Ham & Cheese on
Whole Wheat Roll
Carrots
Pears
Milk

27

WEDNESDAY

School Closed

Open Face Turkey on
Whole Wheat Roll
Sweet Potatoes
Applesauce
Milk

14

Fiesta Beef & Bean
Burrito
Carrots
Pineapples
Milk

21

World School Milk Day
Chicken Tenders W/Roll
Carrots
Pineapples
Milk

28

THURSDAY

School Closed

Sloppy Joe on Whole
Wheat Roll
Corn
Fruit Cocktail
Milk

8

Cheeseburger on Whole
Wheat Roll
Peas
Pineapples
Milk

15

First Day of Fall
Turkey & Cheese Subs
Creamy Potato Salad
Mixed Fruits
Milk

22

Spaghetti W/ Meat Sauce
Steamed Broccoli
Mandarin Oranges
Milk

29

FRIDAY

School Closed

Wheat Cheese Pizza
Green Beans
Oranges
Milk

9

Wheat Cheese Pizza
Green Beans
Oranges
Milk

16

Wheat Cheese Pizza
Green Beans
Pears
Milk

23

Wheat Cheese
Pizza Green Beans
Mixed Fruits
Milk

30