

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

School Closed

School Closed

Turkey & Cheese on Whole Wheat Roll
Steamed Broccoli
Pears
Milk

12

Hearty Chili w/Whole Wheat Roll
Carrots
Peaches
Milk

13

Open Face Turkey on Whole Wheat Roll
Sweet Potatoes
Applesauce
Milk

14

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

19

Chicken Cacciatoro w/ Whole Wheat Roll
Oriental Vegetables
Peaches
Milk

20

Fiesta Beef & Bean Burrito
Carrots
Pineapples
Milk

21

Hot Dog on Whole Wheat Roll
Baked Beans
Applesauce
Milk

26

Ham & Cheese on Whole Wheat Roll
Carrots
Pears
Milk

27

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

28

SEPTEMBER 2022 ARCHBISHOP DAMIANO SCHOOL

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

School Closed

Sloppy Joe on Whole Wheat Roll
Corn
Fruit Cocktail
Milk

School Closed

Wheat Cheese Pizza
Green Beans
Oranges
Milk

Cheeseburger on Whole Wheat Roll
Peas
Pineapples
Milk

Wheat Cheese Pizza
Green Beans
Oranges
Milk

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

Wheat Cheese Pizza
Green Beans
Pears
Milk

Spaghetti W/ Meat Sauce
Steamed Broccoli
Mandarin Oranges
Milk

Wheat Cheese
Pizza Green Beans
Mixed Fruits
Milk