




Diocese of Shreveport Child Nutrition Program SJS May Lunch Menu 2020-2021

Pre-K students receive all food item listed with portion sizes according to age.

Students in grades K-8th must choose at least 3 of 5 meal components offered daily (protein, grain, vegetable, fruit, and milk) and 1 component must be a fruit or a vegetable.)

| Monday 3 | Tuesday 4 | Wednesday 5 | Thursday 6 | Friday 7 |
|---|--|---|--|---|
| Mini Corn Dogs Tater Tots Steamed Broccoli Sweet Chilled Peaches Mac & Cheese Milk | Spaghetti Tacos Fresh Baby Carrots Crisp Spring Salad Classic Applesauce Chocolate Cupcake w/Icing Milk | Chicken & Waffles w/ Syrup Creamy Whipped Potatoes English Sweet Peas Pineapple Tidbits Homemade Yeast Roll Milk | Pizza Hut Pizza Sweet Corn Fresh Cucumber Sticks W/ Ranch Dressing Fresh Seasonal Fruit Rice & Gravy Milk | Nachos w/Cheese & Chili (K-8) Chicken Nuggets (All Pre-K) Best Baked Beans Oven Crisp French Fries Sweet Sliced Pears Sugar Cookie Milk |
| 10 | 11 | 12 | 13 | 14 |
| Char-Broiled Hamburger Oven Crisp French Fries Fresh Broccoli Florets Sweet Chilled Peaches Oatmeal Cookie Milk | Fiesta Tacos Sweet Corn English Peas Classic Applesauce Spanish Rice Milk | Oven Baked Chicken Creamy Whipped Potatoes Cajun Style Red Beans Fruit Cocktail w/Strawberry Jell-O Homemade Yeast Roll Milk | Pizza Hut Pizza Sweet Potato Soufflé Crisp Spring Salad Fresh Seasonal Fruit Rice & Gravy Milk | Ballpark Chili Fritos Tater Tots Sweet Buttered Carrots Chilled Pears Sugar Cookie Milk |
| 17 | 18 | 19 | 20 | 21 |
| Hot Dog w/Chili or Cheese Best Baked Beans Oven Crisp French Fries Sweet Sliced Pears Royal Brownie Milk | Spaghetti & Meat Sauce Green Beans Classic Applesauce Fresh Garlic Breadsticks Milk | Chicken & Waffles w/ Syrup Creamy Whipped Potatoes English Sweet Peas Pineapple Tidbits Milk | Chicken Nuggets Tater Tots Sweet Chilled Peaches Milk |  |

Menus are subject to change based on delivery of products.

Chicken Nuggets (Mon., Wed., Thurs.) or Mini Corn Dogs (Tues., Fri.) are served as an entree option for grades K-8th. Pre-Packaged Chef Salads are offered daily for grades K-8th and may include: Egg, Chicken Strips, Ham, or Turkey

2020-2021 Meal Prices

| | |
|---------------|--------|
| Reduced | \$0.40 |
| Student | \$3.60 |
| Adult/Visitor | \$5.60 |

2nd Servings

| | |
|-----------------|--------|
| Main Dish | \$1.60 |
| Veggie or Fruit | \$0.75 |
| Breads | \$0.50 |
| Milk | \$0.75 |

Smart Snacks are available at additional cost. Monthly Menus and all prices are posted online and in school cafeterias.

Daily Options:

- **Fat Free condiments** may include: Ranch, Italian, & Honey Mustard Dressings, and Ketchup.
- **Milk Choices** include: Fat-Free Chocolate Milk and 1% White Milk.
- **Whole Grains:** 50% of all grain items are Whole Grain Rich.
- **Extra Sales USDA Approved Smart Snacks** options offered daily may include: 100% Fruit Juices, variety of Baked Chips, and low-fat and/or sugar-free Frozen Juices or Ice Creams.
- **Please sign up for FREE to monitor and maintain your child's meal account at www.myschoolbucks.com**
- **For more information please contact the Diocese of Shreveport Office of Child Nutrition at (318) 219-7297, or go to <http://www.dioshpt.org/ministries/catholic-schools/school-nutrition-program/>**