



# St. Joseph School Diocese of Shreveport Child Nutrition Program December Lunch Menu 2021-2022

*Pre-K students receive all food item listed with correct portion sizes according to age.  
Students in grades K-8<sup>th</sup> 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	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		<b>Chicken &amp; Waffles w/ Syrup</b> <b>Chicken Nuggets</b> Creamy Whipped Potatoes English Sweet Peas Pineapple Tidbits Milk	<b>Pizza Hut Pizza</b> <b>Mini Corn Dogs</b> Sweet Potato Soufflé Crisp Spring Salad Fresh Seasonal Fruit Rice & Gravy Milk	<b>Nachos w/Cheese &amp; Chili (K-8)</b> <b>Fish Scribblers (Pre-K-8)</b> Best Baked Beans Oven Crisp French Fries Sweet Sliced Pears Mac & Cheese Milk
6	7	8	9	10
<b>Hot Dog w/Chili or Cheese</b> <b>Chicken Nuggets</b> Sweet Buttered Carrots Oven Crisp French Fries Sweet Chilled Peaches Sugar Cookie Milk	<b>Fiesta Tacos (K-8)</b> <b>Mini Corn Dogs (Pre-K-8)</b> Sweet Corn Refried Beans Classic Applesauce Spanish Rice Cinnamon Roll Milk	<b>Oven Baked Chicken (K-8)</b> <b>Chicken Nuggets (Pre-K-8)</b> Creamy Whipped Potatoes Seasoned Green Beans Fruit Cocktail w/Strawberry Jell-O Homemade Yeast Roll Milk	<b>Pizza Hut Pizza</b> <b>Mini Corn Dogs</b> English Peas Fresh Cucumber Sticks W/ Ranch Dressing Fresh Seasonal Fruit Rice & Gravy Milk	<b>Grilled Cheese Sandwich</b> <b>Fish Scribblers</b> Tomato Soup Fresh Broccoli Florets Sticks W/ Ranch Dressing Sweet Sliced Pears Mac & Cheese Milk
13	14	15	16	17
<b>Breaded Steak Fingers w/ Dipping Sauce</b> <b>Chicken Nuggets</b> Tater Tots Steamed Broccoli Sweet Chilled Peaches Royal Brownie Milk	<b>Grilled Chicken Sandwich</b> <b>Mini Corn Dogs</b> Sweet Corn Fresh Baby Carrots Classic Applesauce Cupcake w/Icing Milk	<b>Oven Baked Sliced Turkey</b> <b>Chicken Nuggets</b> Creamy Whipped Potatoes Brown Gravy Seasoned Green Beans Pineapple Tidbits Homemade Yeast Roll Milk	<b>Pizza Hut Pizza</b> <b>Mini Corn Dogs</b> Sweet Potato Soufflé Crisp Spring Salad Fresh Seasonal Fruit Rice & Gravy Milk	<b>Ballpark Chili Fritos</b> <b>Fish Scribblers</b> Best Baked Beans Oven Crisp French Fries Sweet Sliced Pears Mac & Cheese Milk

*Menus are subject to change based on delivery of products.*

Merry Christmas



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

**2020-2021 Meal Prices**

Student	FREE
Adults/Visitors	\$5.60

**2<sup>nd</sup> Servings**

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

**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](http://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/>**

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