



St. Joseph School Diocese of Shreveport Child Nutrition Program January Lunch Menu 2022

*Pre-K students receive all food item listed with correct 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	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Char-Broiled Hamburger Chicken Nuggets Tater Tots Fresh Broccoli Florets Sweet Chilled Peaches Oatmeal Cookie Milk	Spaghetti & Meat Sauce Mini Corn Dogs Fresh Baby Carrots Seasoned Green Beans Classic Applesauce Fresh Garlic Breadsticks Milk	Chicken & Waffles w/ Syrup Chicken Nuggets Creamy Whipped Potatoes English Sweet Peas Pineapple Tidbits Milk	Pizza Hut Pizza Mini Corn Dogs Sweet Potato Soufflé Crisp Spring Salad Fresh Seasonal Fruit Rice & Gravy Milk	Nachos w/Cheese & Chili (K-8) Chicken Nuggets (PK-8) Best Baked Beans Oven Crisp French Fries Sweet Sliced Pears Mac & Cheese Milk
10	11	12	13	14
Hot Dog w/Chili or Cheese Chicken Nuggets Sweet Buttered Carrots Oven Crisp French Fries Sweet Chilled Peaches Sugar Cookie Milk	Fiesta Tacos (K-8) Mini Corn Dogs (Pre-K-8) Sweet Corn Refried Beans Classic Applesauce Spanish Rice Cinnamon Roll Milk	Oven Baked Chicken (K-8) Chicken Nuggets (Pre-K-8) Creamy Whipped Potatoes Seasoned Green Beans Fruit Cocktail w/Strawberry Jell-O Homemade Yeast Roll Milk	Pizza Hut Pizza Mini Corn Dogs English Peas Fresh Cucumber Sticks W/ Ranch Dressing Fresh Seasonal Fruit Rice & Gravy Milk	Grilled Cheese Sandwich Chicken Nuggets Chili Con Carne w/Beans Fresh Broccoli Florets Sticks W/ Ranch Dressing Sweet Sliced Pears Mac & Cheese Milk
17	18	19	20	21
 <i>I Have A Dream</i> Martin Luther King, Jr. Day	Grilled Chicken Sandwich Mini Corn Dogs Sweet Corn Fresh Baby Carrots Classic Applesauce Cupcake w/Icing Milk	Salisbury Steak Chicken Nuggets Creamy Whipped Potatoes Brown Gravy Seasoned Green Beans Pineapple Tidbits Homemade Yeast Roll Milk	Pizza Hut Pizza Mini Corn Dogs Sweet Potato Soufflé Crisp Spring Salad Fresh Seasonal Fruit Rice & Gravy Milk	Ballpark Chili Fritos Chicken Nuggets Best Baked Beans Oven Crisp French Fries Sweet Sliced Pears Mac & Cheese Milk
24	25	26	27	28
Char-Broiled Hamburger Chicken Nuggets Tater Tots Fresh Broccoli Florets Sweet Chilled Peaches Oatmeal Cookie Milk	Spaghetti & Meat Sauce Mini Corn Dogs Fresh Baby Carrots Seasoned Green Beans Classic Applesauce Fresh Garlic Breadsticks Milk	Chicken & Waffles w/ Syrup Chicken Nuggets Creamy Whipped Potatoes English Sweet Peas Pineapple Tidbits Milk	Pizza Hut Pizza Mini Corn Dogs Sweet Potato Soufflé Crisp Spring Salad Fresh Seasonal Fruit Rice & Gravy Milk	Nachos w/Cheese & Chili (K-8) Chicken Nuggets (PK-8) Best Baked Beans Oven Crisp French Fries Sweet Sliced Pears Mac & Cheese Milk
31	Feb 1	Feb 2	Feb 3	Feb 4
Hot Dog w/Chili or Cheese Chicken Nuggets Sweet Buttered Carrots Oven Crisp French Fries Sweet Chilled Peaches Sugar Cookie Milk	Fiesta Tacos (K-8) Mini Corn Dogs (Pre-K-8) Sweet Corn Refried Beans Classic Applesauce Spanish Rice Cinnamon Roll Milk	Oven Baked Chicken (K-8) Chicken Nuggets (Pre-K-8) Creamy Whipped Potatoes Seasoned Green Beans Fruit Cocktail w/Strawberry Jell-O Homemade Yeast Roll Milk	Pizza Hut Pizza Mini Corn Dogs English Peas Fresh Cucumber Sticks W/ Ranch Dressing Fresh Seasonal Fruit Rice & Gravy Milk	Grilled Cheese Sandwich Chicken Nuggets Chili Con Carne w/Beans Fresh Broccoli Florets Sticks W/ Ranch Dressing Sweet Sliced Pears Mac & Cheese Milk

Menus are subject to change based on delivery of products.

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

2020-2021 Meal Prices

Student	FREE
Adults/Visitors	\$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/>**

This institution is an equal opportunity provider.