



Diocese of Shreveport Child Nutrition Program

Lunch Menu 2022-2023

Check out our new school lunch menu options! **4 YES, 4 main entrée menu options offered daily!**
Plus, Charcuterie Boxes and Chef Salads are offered as a complete meal, just grab a milk!

*** NEW! Charcuterie LUNCH Boxes** for grades K-8th may include Pepperoni, Egg, Ham, Turkey, or Cheese along with Fresh Fruit, Veggies and Crackers.

Monday	Tuesday	Wednesday	Thursday	Friday
Char-Broiled Hamburger Turkey Sandwich Yogurt Cup w/ Graham Crackers Tater Tots Fresh Broccoli Florets Sweet Chilled Peaches Milk	Spaghetti & Meat Sauce Popcorn Chicken Yogurt Cup w/ Graham Crackers Fresh Baby Carrots Seasoned Green Beans Classic Applesauce Homemade Yeast Roll Milk	Chicken & Waffles w/ Syrup Breakfast Pancake Sausage Stick w/ Syrup Yogurt Cup w/ Graham Crackers Hashbrown Potatoes Peas & Carrots Pineapple Tidbits Milk	Pizza Hut Pizza Yogurt Cup w/ Graham Crackers Sweet Potato Soufflé Crisp Spring Salad Fresh Seasonal Fruit Rice & Gravy Milk	Grilled Chicken Sandwich Fish Nuggets Yogurt Cup w/ Graham Crackers Red Beans & Rice Sweet Corn Sweet Chilled Pears Royal Brownie Milk
Sloppy Joe Sandwich Popcorn Chicken Yogurt Cup w/ Graham Crackers Sweet Buttered Carrots Oven Crisp French Fries Sweet Chilled Peaches Mac & Cheese Milk	Fiesta Tacos (K-8) Mini Corn Dogs (Pre-K-8) Yogurt Cup w/ Graham Crackers Sweet Corn Refried Beans Classic Applesauce Cinnamon Roll Milk	Oven Baked Chicken (K-8) Chicken Nuggets (Pre-K-8) Yogurt Cup w/ Graham Crackers Creamy Whipped Potatoes Sautéed Mixed Greens Fruit Cocktail w/ Jell-O Cornbread w/Syrup Milk	Pizza Hut Pizza Yogurt Cup w/ Graham Crackers English Sweet Peas Fresh Cucumber Sticks w/ Ranch Dressing Fresh Seasonal Fruit Rice & Gravy Milk	Grilled Cheese Sandwich Grilled Ham & Cheese Sandwich or Fish Filet Sandwich Yogurt Cup w/ Graham Crackers Tomato Soup Fresh Broccoli Florets w/ Ranch Dressing Sweet Sliced Pears Milk
Midway Corndog Chicken Nuggets Yogurt Cup w/ Graham Crackers Tater Tots Steamed Broccoli Sweet Chilled Peaches Sugar Cookie Milk	Hamburger Mac & Cheese Popcorn Chicken Yogurt Cup w/ Graham Crackers Fresh Baby Carrots Seasoned Green Beans Classic Applesauce Homemade Yeast Roll Milk	French Toast & Sausage w/ Syrup Breakfast Pancake Sausage Stick w/ Syrup Yogurt Cup w/ Graham Crackers Hashbrown Potatoes Peas & Carrots Pineapple Tidbits Milk	Pizza Hut Pizza Yogurt Cup w/ Graham Crackers Sweet Potato Soufflé Crisp Spring Salad Fresh Seasonal Fruit Rice & Gravy Milk	Ballpark Chili Fritos Hot Dog w/Chili or Cheese Yogurt Cup w/ Graham Crackers Best Baked Beans Oven Crisp French Fries Sweet Sliced Pears Mac & Cheese Milk

Menus are subject to change based on delivery of products.

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.

Chef Salads offered daily upon request only and may include Egg, Chicken Strips, Ham, or Turkey.

2022-2023 Meal Prices

Student	\$3.50
Adult/Visitor	\$5.00

2nd Servings

Main Dish	\$1.50
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:** 80% 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/>**