

Catholic Academy of Passaic County
Diocese of Paterson
Lunch Menu

December-2022

Mon

Tue

Wed

Thu

Fri

Student Lunch

Full Price: \$4.75

Reduced Price: \$0.40

Offer versus Serve

The 5 Meal Components for School Lunch

**Meat or Meat Alternate, Grain,
Fruit, Vegetable and Milk**

You must choose at least 3 including:

1/2 cup of fruit or vegetable

At List two other full components

For best nutrition, choose all 5!

Offered Daily

8 oz. of

Flavored Fat Free

milk, skim milk

1% milk or

lactaid



**Available Daily
as an alternate**

Chef Salad or

Assorted Sandwiches



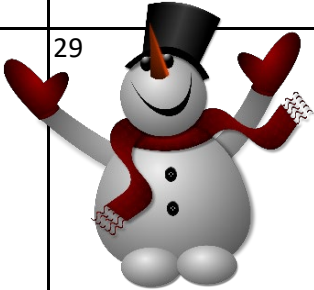
on WW Bread or



"This Institution is an equal
opportunity provider"

"Esta Institución provee igualdad de
oportunidades"

*Menu Subject to change

			1 Beef & Cheese Nachos Salsa Tossed Salad 3/4 c Fruit 1/2 c Milk	2 WGR Cheese Pizza Bean Salad 3/4 c Fruit 1/2 c Milk
5 Grilled Cheese Sandwich Soup String Beans 3/4 c Fruit 1/2 c Milk	6 Whole Grain Blend Spaghetti with Meat Sauce Romaine Salad 3/4 c Fruit 1/2 c Milk	7 Oven Roasted Chicken Mashed Potatoes 3/4 c WW Dinner Roll Fruit 1/2 c Milk	8 WGR Breaded Fish Sticks French Fries Fruit 1/2 c Milk	9 WGR Pizza Sticks with Marinara Sauce Carrots 3/4 c Fruit 1/2 c Milk
12 Cheeseburger on a WW Bun Oven Fries 3/4 c Fruit 1/2 c Milk	13 Chicken Strips over Buttered Noodles Steam Carrots 3/4 c Fruit 1/2 c Milk	14 Beef Nachos Cheese, Salsa Spinach 3/4 c Fruit 1/2 c Milk	15 Oven Roasted Chicken Brown Rice and Beans Fruit 1/2 c Milk	16 WGR Cheese Pizza Tossed Salad 3/4 c Fruit 1/2 c Milk
19 Hot Dogs Vegetarian Beans Fruit 1/2 c Milk	20 Chicken Fried Rice Sweet Corn Fruit 1/2 c Milk	21 Whole Grain Blend Macaroni and Cheese Mixed Vegetables 3/4 c Fruit 1/2 c Milk	22 WGR Pizza Sticks with Marinara Sauce Spinach Salad 3/4 c Fruit 1/2 c Milk	23 
26 	27	28	29 	30