

Catholic Academy of Passaic County  
Diocese of Paterson  
Lunch Menu

September-2022

Monday

Tuesday

Wednesday

Thursday

Friday



**Student Lunch**

Full Price: \$4.75

Reduced Price: \$0.40

**Offer versus Serve**

**The 5 Meal Components for School Lunch**

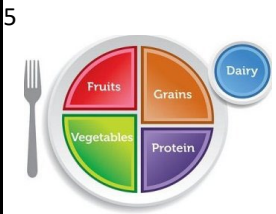
**Meat or Meat Alternate, Grain, Fruit, Vegetable and Milk**

**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!**



5

6

7

8

9

Chicken Nuggets  
WW Dinner Roll  
Corn 3/4 c  
Fruit 1/2 c  
Milk

Baked Macaroni and Cheese  
Sweet Corn 3/4 c  
Fruit 1/2 c  
Milk

WGR Cheese Pizza  
String Beans 3/4 c  
Fruit 1/2 c  
Milk

**Offered Daily**

8 oz

Flavored Fat Free Milk

Skim Milk

1% Milk or

Lactaid



12

Cheeseburger on a  
WW Bun  
Potato Wedges 3/4 c  
Fruit 1/2 c  
Milk

13

Beef Nachos  
Salsa, Cheese  
Tossed Salad 3/4 c  
Fruit 1/2 c  
Milk

14

Chicken Strips over  
Buttered Noodles  
Steam Carrots 3/4 c  
Fruit 1/2 c  
Milk

15

Hot Turkey & Gravy  
Sandwich  
Broccoli 3/4 c  
Fruit 1/2 c  
Milk

16

WGR Pizza Sticks  
Deeping Sauce  
Black Bean & Corn Salad  
Fruit 1/2 c  
Milk

**Available Daily  
as an alternate**

Chef Salad or Assorted Sandwiches

Ham & Cheese Sandwich, Turkey Sandwich

a Sandwich, PB&J Sandwich



19

Grilled Cheese Sandwich  
Sweet Potato Fries 3/4 c  
Fruit 1/2 c  
Milk

20

WG Blend Spaghetti  
with Meat Sauce  
Tossed Salad 3/4 c  
Fruit 1/2 c  
Milk

21

**Breakfast For Lunch**  
WG French Toast Sticks  
Sausage Link  
Tator Tots 3/4 c  
Fruit 1/2 c  
Milk

22

Chicken with Rice  
Beans  
Fruit 1/2 c  
Milk

23

WGR Cheese Pizza  
Spinach Salad 3/4 c  
Fruit 1/2 c  
Milk

"This Institution is an equal  
opportunity provider"

"Esta Institución es un proveedor que  
ofrece igualdad de oportunidades"

26

Cheeseburger on a  
WW Bun  
French Fries 3/4 c  
Fruit 1/2 c  
Milk

27

Fish Sticks  
Mashed Potatoes  
Fruit 1/2 c  
Milk

28

Beef Nachos  
Salsa  
Tossed Salad 3/4 c  
Fruit 1/2 c  
Milk

29

Pork over Rice and  
Beans  
Fruit 1/2 c  
Milk

30

WGR Pizza Sticks  
Deeping Sauce  
Romaine Salad 3/4 c  
Fruit 1/2 c  
Milk

\*WGR-Whole Grain Rich

\*Menu Subject to change