

# St Gregory the Great Lunch Menu

## JANUARY 2023

HAPPY NEW YEAR



NYS APPLES  
NYS WINTER SQUASH

Menu Subject To Change

Monday	Tuesday	Wednesday	Thursday	Friday
	3 Chicken Tenders w/ French Fries  ----- Homemade Coleslaw Carrot Bites	4 Rotini w/Meat Sauce Texas Garlic Toast  ----- 1c Romaine Salad Sweet Corn	5 Cheese/Pepperoni Pizza Bflo. Style Pizza  ----- 1c Romaine = 1/2c Green Beans NYS Apples	6 Grill Cheese Sandwich w/ Tomato Soup  ----- Cucumber Slices BBQ Baked Beans
9 Chicken Patty w/Mashed Potatoes  ----- Carrot Bites Winter Squash	10 TACO TUESDAY Tostito Taco Scoops Chicken Fajita Bowl  ----- Broccoli/Salsa Black Beans	11 Macaroni N Cheese w/Tortilla Chips  ----- Cucumber Slices Glazed Carrots	12 Cheese/Pepperoni Pizza Bflo. Style Pizza  ----- 1c Romaine = 1/2c Green Beans	13 BBQ Pulled Pork w/ French Fries  ----- Carrot Bites w/Dip Broccoli
16 Martin Luther King Jr. Day  No School	17 TACO TUESDAY Tostito Taco Scoops Chicken Fajita Bowl  ----- Broccoli/Salsa Black Beans	18 Spaghetti w/Meat Sauce w/Texas Toast  ----- Romaine Salad Green Beans	19 Cheese/Pepperoni Pizza Bflo. Style Pizza  ----- Seasoned Tomatoes 1c Romaine = 1 cup	20 Chicken Nuggets w/Seasoned Noodles  ----- Roasted Zucchini Carrot Bites
23 Chicken Patty w/ Bun  ----- Crispy French Fries BBQ Baked Beans	24 Meatballs w/Sauce Texas Garlic Toast  ----- Romaine Salad Green Beans	25 Cheesy Taco Pasta Bake  ----- Black Bean Salsa Broccoli Sweet Corn	26 Cheese/Pepperoni Pizza Bflo. Style Pizza  ----- 1c Romaine = 1/2c Cucumber Slices	27 Hamburger/Cheeseburger w/Chips  ----- Carrot Bites w/Dip Broccoli
30 Chicken Nuggets w/ Seasoned Noodles  ----- Carrot Bites Cauliflower	31 Loaded French Fries w/ Taco Meat & Cheese  ----- Black Beans Broccoli	Catholic Schools Week January 30 thru February 3	MySchoolBucks.com Online Payment System  For the safety of our students cash/checks no longer accepted	SNACKS ICE CREAM \$1 CHIPS .75 RICE KRISPIE .75

Offered Daily with All School Lunches:

### FRESH FRUIT / FRUIT CUP

(Served by the 1/2c portion)

### VEGETABLES

(variety of fresh & cooked)

(Must Take 1/2 cup of Fruit or Veggies)

May Take Both

**NYS Milk from Upstate Farms**  
Skim, 1%, or Fat Free Chocolate Milk

**We serve the following Items As Main  
Entree Daily**

Julienne Salad w/Flatbread  
Yogurt Parfait w/Flatbread  
PB&J / PB  
Hot Dog w/Bun

Start With a:

- Protein (Entrée)
- Paired with Whole Grains
- Choose a Vegetable
- Pick a Fruit
- Add cold, refreshing milk

**The Perfect Lunch!**

This institution is an equal opportunity provider  
& employer.