

SCHOOL BREAKFAST & LUNCH IS AVAILABLE TO ALL STUDENTS AT NO CHARGE

We are happy to inform you that the United States Department of Agriculture (USDA) has extended our ability to serve school meals at no charge to all enrolled students regardless of financial condition, for the 2021-2022 school year.

PLEASE CONTINUE TO SUBMIT THE 2021-2022 FREE AND REDUCED PRICED SCHOOL MEAL APPLICATION FOR ANY OTHER POTENTIAL FUNDING OPPORTUNITIES AND FOR WHEN THIS PROVISION EXPIRES.

We are committed to providing every student with the tools they need to succeed, including nutritious meals they can enjoy. Help us to ensure our meal program is a success! Remind and encourage your child to take advantage of the opportunity and grab a school meal every school day.

Catholic Diocese of Cleveland

Nutrition Services

Nourishing Tomorrow, Today



**Healthy meals. Healthy minds.
IT MAKES MEAL SENSE!**

**THIS INSTITUTION IS AN EQUAL
OPPORTUNITY PROVIDER.**

Good Morning!
HAVE A
GREAT DAY
beginning
with
BREAKFAST

Catholic Diocese of Cleveland

Nutrition Services

Nourishing Tomorrow, Today



BREAKFAST Menu

Correspond the cycle week to the
color-coordinated calendar below.

August-
December 2021

| CYCLE WEEK | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------|---|--|---|--|--|
| 1 | Assorted Bagels with Cream Cheese and Jelly or) Bowl of Cereal Mandarin Oranges 100% Fruit Juice ½ Pt. Milk | Maple Pancake & Sausage Sandwich or) Bowl of Cereal Mixed Fruit 100% Fruit Juice ½ Pt. Milk | Dutch Waffle or) Bowl of Cereal Applesauce Cup 100% Fruit Juice ½ Pt. Milk | Breakfast Pizza (Bacon, Egg & Cheese) or) Bowl of Cereal Raisins 100% Fruit Juice ½ Pt. Milk | Breakfast Muffin or) Bowl of Cereal Pears 100% Fruit Juice ½ Pt. Milk |
| 2 | Cinnamon Roll or) Bowl of Cereal Mandarin Oranges 100% Fruit Juice ½ Pt. Milk | Breakfast Bun or) Bowl of Cereal Pineapple 100% Fruit Juice ½ Pt. Milk | French Toast Sticks with Syrup or) Bowl of Cereal Strawberry Cup 100% Fruit Juice ½ Pt. Milk | Poptarts (Cinnamon or Strawberry) or) Bowl of Cereal Mixed Fruit 100% Fruit Juice ½ Pt. Milk | Assorted Bagels with Cream Cheese and Jelly or) Bowl of Cereal Fruit Cup 100% Fruit Juice ½ Pt. Milk |
| 3 | Breakfast Muffin or) Bowl of Cereal Peach Cup 100% Fruit Juice ½ Pt. Milk | Breakfast Pizza (Bacon, Egg & Cheese) or) Bowl of Cereal Raisins 100% Fruit Juice ½ Pt. Milk | Dutch Waffle or) Bowl of Cereal Applesauce 100% Fruit Juice ½ Pt. Milk | Maple Pancake & Sausage Sandwich or) Bowl of Cereal Pineapple 100% Fruit Juice ½ Pt. Milk | Poptarts (Cinnamon or Strawberry) or) Bowl of Cereal Apple Slices 100% Fruit Juice ½ Pt. Milk |
| 4 | Poptarts (Cinnamon or Strawberry) or) Bowl of Cereal Pears 100% Fruit Juice ½ Pt. Milk | French Toast Sticks with Syrup or) Bowl of Cereal Strawberry Cup 100% Fruit Juice ½ Pt. Milk | Cinnamon Roll or) Bowl of Cereal Peaches 100% Fruit Juice ½ Pt. Milk | Pancakes with Syrup or) Bowl of Cereal Apple Slices 100% Fruit Juice ½ Pt. Milk | Breakfast Bun or) Bowl of Cereal Fruit Cup 100% Fruit Juice ½ Pt. Milk |

Please note that regulations require that at least one fruit side be chosen with each breakfast.

Substitutions of items may be necessary.

This institution is an equal opportunity provider.

August 2021

| S | M | T | W | T | F | S |
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| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

September 2021

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October 2021

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| 24/31 | 25 | 26 | 27 | 28 | 29 | 30 |

November 2021

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December 2021

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| 26 | 27 | 28 | 29 | 30 | 31 | |

Week 1 Meal Plan

Week 2 Meal Plan

Week 3 Meal Plan

Week 4 Meal Plan

Catholic Diocese of Cleveland
Nutrition Services
 Nourishing Tomorrow, Today



Lunch Includes:

- *Main Item
- *Choice of Vegetable Side
- *Choice of Fruit Side
- *1/2 Pint Milk

**LUNCH
Menu**

Correspond the cycle week to the
color-coordinated calendar below.

**August-
December 2021**

| CYCLE WEEK | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------|---|--|---|---|---|
| 1 | Hamburger or Cheeseburger on a Bun Seasoned Potato Wedges Mixed Fruit or Seasonal Fresh Fruit | Chicken Patty on a Bun Baked Beans or Tossed Garden Salad Frozen Juice Cup | Meatball Sub French Fries Apple Slices or Seasonal Fresh Fruit | Chicken Tenders Broccoli with Cheese or Tossed Garden Salad Fruit Cup | Mozzarella Sticks with Dipping Sauce Carrots Pears or Seasonal Fresh Fruit Cookie Treat! |
| 2 | Chicken Nuggets with a Roll Mixed Veggies Pineapple or Seasonal Fresh Fruit | Mini Corn Dogs and a Cheese Stick Green Beans or Tossed Garden Salad Fruit Cup | Salisbury Steak, Gravy and a Breadstick Mashed Potatoes with Gravy Applesauce or Seasonal Fresh Fruit | Chicken Drumstick with a Roll Baked Beans or Tossed Garden Salad Fruit Yogurt Parfait | Stuffed Crust Cheese Pizza with Dipping Sauce Carrot Sticks with Dip Peaches or Seasonal Fresh Fruit |
| 3 | Stuffed Crust Pepperoni Pizza with Dipping Sauce Carrot Sticks with Dip Pears or Seasonal Fresh Fruit | Walking Taco (Taco Meat, Cheddar Cheese, Tostitos Chips, with optional Black Beans and Salsa) Corn or Tossed Garden Salad Frozen Juice Cup | French Toast Sticks with Syrup Tater Tots 100% Fruit Juice or Seasonal Fresh Fruit | Roasted Chicken with a Corn Muffin Potato Smiles or Tossed Garden Salad Sunshine Smoothie | Cheese Stuffed Breadsticks with Dipping Sauce Green Beans Applesauce or Seasonal Fresh Fruit Cookie Treat! |
| 4 | Riblets With a Roll Baked Beans Peaches or Seasonal Fresh Fruit | Fiestada Pizza Corn or Tossed Garden Salad Mixed Fruit | Popcorn Chicken with a Breadstick Mashed Potatoes with Gravy Apple Slices or Seasonal Fresh Fruit | Hamburger or Cheeseburger on a Bun Broccoli with Cheese or Tossed Garden Salad Mandarin Oranges | Mac & Cheese with a Pretzel Rod Carrots Fruit Cup or Seasonal Fresh Fruit |

Please note that regulations require that at least one fruit or vegetable side be chosen with each lunch.

Substitutions of items may be necessary.

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August 2021

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September 2021

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October 2021

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November 2021

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December 2021

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Week 1 Meal Plan

Week 2 Meal Plan

Week 3 Meal Plan

Week 4 Meal Plan