

Sample Menu



ACADEMY OF THE
HOLY FAMILY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Beef hot
dogs/wings
Baked beans
Vegetable
Salad bar

1

Beef hot
dogs/wings
Baked beans
Vegetable
Salad bar

2

Tacos/soft
and crispy
tortilla
Cheese
Spanish
rice

Salsa
Sour
cream
Salad bar
Fresh fruit

3

Chicken salad
Bulky rolls
Soup
Salad bar
Fresh fruit

4

Cheese and beans
Quesadilla
Tuna
Vegetables
Salad bar
Fresh fruit

5

7

Spaghetti
Meatballs
Sauce
Vegetable
Rolls
Fresh fruit

8

Beef
Rice and beans
Wraps
Sour cream
Salad bar
Fresh fruit

9

Cheese Lasagna
Vegetable
Cold bean salad
Salad bar
Fresh fruit

10

Hamburgers
French fries
Sliced cheese,
lettuce, tomatoes
Salad Bar
Fresh fruit

11

Tuna grinders
Mozzarella sticks
Marinara sauce
Green beans
Salad bar
Fresh fruit

12

13

14

Quesadillas
Chicken/Cheese
Spanish rice
Soup
Salsa
Fresh fruit

15

Hamburgers
French fries
Sliced cheese,
lettuce, tomatoes
Salad Bar
Fresh fruit

16

Chicken fried rice
Egg rolls
Pineapple slices
Salad bar
Fresh fruit

17

Baked Potato
Steamed broccoli
Cheese sauce
Bacon bits
Salad bar
Fresh fruit

18

Chicken fried rice
Egg rolls
Pineapple slices
Salad bar
Fresh fruit

19

20

21

Chicken strips
Rice
Oriental veggie mix
Teriyaki sauce
Fresh fruit

22

Baked Potato
Steamed broccoli
Cheese sauce
Bacon bits
Salad bar
Fresh fruit

23

Grilled cheese
Tuna
Tomato soup
Vegetable
Salad bar
Fresh fruit

24

Baked Potato
Steamed broccoli
Cheese sauce
Bacon bits
Salad bar
Fresh fruit

25

Grilled cheese
Tuna
Tomato soup
Vegetable
Salad bar
Fresh fruit

26

27

28

Seasoned Beef
Fiesta Rice
Chipotle sauce
Wraps
Salad Bar
Fresh fruit

29

Pizza (cheese/pep-
peroni)
Chips
Salad Bar
Fresh fruit

30

Mac and Cheese
Egg salad
Soup
Vegetable
Salad bar
Fresh fruit

31