

# St. Mel's Academy September 2021 Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
6	7	8	9	10
<b>13</b> <b>Cheese Lasagna</b> Whole Wheat Pasta, Carrots, Orange, Whole Milk/ 1% Milk	<b>14</b> <b>Spanish Chicken</b> Whole Wheat Bread, Potatoes & Italian Blend Veggies, Apple, Whole Milk/ 1% Milk	<b>15</b> <b>Chicken &amp; Beef Meatballs</b> Whole Wheat Pasta, Peas, Unsweetened Applesauce, Whole Milk/ 1% Milk	<b>16</b> <b>Baked Fish</b> Barley, Green Beans, Nectarine, Whole Milk/ 1% Milk	<b>17</b> <b>Hawaiian Chicken</b> Brown Rice, Zucchini, Peach, Whole Milk/ 1% Milk
<b>20</b> <b>Stuffed Shells with Cheese</b> Whole Wheat Bread Carrots, Orange, Whole Milk/ 1% Milk	<b>21</b> <b>Beef Meatballs</b> Whole Wheat Pasta, Peas, Apple, Whole Milk/ 1% Milk	<b>22</b> <b>Roast Chicken with Tomato Herb Sauce</b> Whole Wheat Roll, Broccoli, Pear, Whole Milk/ 1% Milk	<b>23</b> <b>Turkey Stew</b> Brown Rice, Mixed Veggies, Nectarine, Whole Milk/ 1% Milk	<b>24</b> <b>Baked Tilapia</b> Whole Wheat Couscous, Green Beans, Unsweetened Applesauce, Whole Milk/ 1% Milk
<b>27</b> <b>Black Beans</b> Brown Rice, Peas, Orange, Whole Milk/ 1% Milk	<b>28</b> <b>Jerk Chicken</b> Brown Rice & Kidney Beans, Cabbage, Apple, Whole Milk/ 1% Milk	<b>29</b> <b>Chicken &amp; Beef Meatballs</b> Whole Wheat Pasta, Carrots, Unsweetened Applesauce, Whole Milk/ 1% Milk	<b>30</b> <b>Spanish Style Chicken</b> Yellow Rice, Collard Greens with Tomato, Pear, Whole Milk/ 1% Milk	

Fruit subject to change based on availability.