

Parish Day School Menu September 2024

	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
Early AM Snack	School Closed	Fruit and grain cereal bar Milk	Yogurt Granola	Banana Milk	Cheerios Milk
AM Snack	School Closed	Ritz cracker Cheese sticks	Graham crackers	Cheese crackers	Banana bread Milk Rm 13 Cereal bar
			Bananas Rm 13 Kroger brand	Apples Rm 13 Kroger brand or Cheez It	
Lunch (with skim milk)	School Closed	Tyson Chicken nuggets Wheat roll Green beans Applesauce	Ham and cheese rollups Carrots Fresh fruit	Baked chicken Rice Peas Peaches	Turkey and cheese on wheat bread Cucumbers Oranges
PM Snack	School Closed	Vanilla wafers	Oyster crackers	Wheat crackers Cheese sticks	Managers choice Apple juice
		Banana Rm 13 Kroger brand	Apple juice Rm 13 Saltine crackers		

All highlighted items contain or may contain traces of egg.

Blue highlight items are on the menu and served in other rooms. An egg free substitute will be served to room 13.

Yellow highlight items are served in all lunch rooms and cannot be substituted.

*Menu is subject to change due to availability.
Managers choice may consist of any snack on the menu.*

Parish Day School Menu September 2024

	Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
Early AM Snack Served in the Johnson Roo	Cinnamon Chex Milk	Fruit and grain cereal bar Milk	Bananas Milk	Cheerios Milk	Blueberry muffins Milk
AM Snack	Ritz crackers Cheese sticks	Wheat crackers Oranges	Cinnamon toast crunch Apples	Vanilla wafers Bananas Rm 13 Kroger brand	Veggie straws Yogurt
Lunch (with skim milk)	Fish sticks Wheat roll Green beans Apple sauce	Chicken noodle soup Wheat roll Peas Pineapple	Beef Tacos Corn and black beans Mixed fruit	Pancakes Scrambled Eggs Hash browns Mandarin oranges Rm 13 Sausage links	Ham and cheese on wheat bread Cucumbers Apples
PM Snack	Oyster crackers Apple juice Rm 13 Saltine crackers	Graham crackers Bananas Rm 13 Kroger brand	Cheese crackers Apple juice RM 13 Kroger or Cheez It	Wheat Saltine cracker Cheese	Ritz crackers Apple juice

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Parish Day School Menu September 2024

	Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
Early AM Snack	Cinnamon Chex Milk	Fruit and grain cereal bar Milk	Banana Milk	Yogurt Granola	Cheerios Milk
AM Snack	Wheat saltines Cheese	Ritz crackers Apples	Cheese crackers Oranges Rm 13 Kroger or Cheez It	Cap'n Crunch Oops all berries Bananas	Apple sauce Goldfish
Lunch (with skim milk)	Tyson Chicken nuggets Wheat roll Green beans Applesauce	Macaroni and cheese Broccoli Pears	Cheese quesadillas Corn Peaches	Beef and noodles Peas Mixed fruit	Turkey and cheese on wheat bread Carrots Apples
PM Snack	Graham crackers Apple juice	Animal crackers Bananas Rm 13 Kroger Graham crackers	Oyster crackers Apple juice Rm 13 Wheat saltines	Wheat crackers Cheese stick	Manager choice Apple juice

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Parish Day School Menu September 2024

	Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
Early AM Snack	Cinnamon Chex Milk	Fruit and grain cereal bar Milk	Bananas Milk	Yogurt Granola Milk	Cheerios Milk
AM Snack	Wheat cracker Cheese sticks	Ritz crackers Apples	Pretzels Oranges	Graham crackers Bananas Rm 13 Kroger brand	Lucky charms Yogurt
Lunch (with skim milk)	Tyson chicken nuggets Wheat roll Green beans Applesauce	Chicken ranch wraps Broccoli Mix fruit	Baked ziti Salad Peaches	Grilled cheese Tomato soup Carrots Pineapple	Ham and cheese on wheat bread Cucumbers Apples
PM Snack	Animal cracker Apple juice Rm 13 Fig bar	Vanilla wafers Bananas Rm 13 Kroger brand	Oyster crackers Apple juice Rm 13 Saltine cracker	Wheat saltine Cheese	Managers choice Apple Juice

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Parish Day School Menu September 2024

	Monday 30	Tuesday Oct. 1	Wednesday Oct. 2	Thursday Oct.3	Friday Oct.4
Early AM Snack	Cinnamon Chex Milk	Fruit and grain cereal bar Milk	Yogurt Granola	Banana Milk	Cheerios Milk
AM Snack	Wheat saltine Cheese	Cheese crackers Oranges Rm 13 Kroger or Cheez It	Vanilla wafers Banana Rm 13 Kroger brand	Oyster crackers Apples Rm 13 Saltine crackers	Pumpkin bread Milk Rm 13 Cereal bars
Lunch (with skim milk)	Spaghetti with meat sauce Green beans Pears	Cheese pizza Cucumbers Pineapple	Chicken teriyaki Rice Broccoli Pineapple	Macaroni and cheese Broccoli Pears	Turkey and cheese on wheat bread Carrots Oranges
PM Snack (with water unless otherwise noted)	Graham crackers Apple juice Rm 13 Kroger brand	Animal crackers Banana Rm 13	Wheat crackers Apple juice	Ritz crackers Cheese stick	Managers choice Apple juice

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