

# Diocese of Lake Charles      September 2018

Mon	Tue	Wed	Thu	Fri
<p><b>CHOICE OF MILK</b></p> <p>1% White Fat Free Chocolate Fat Free Strawberry</p> <p><b>MENUS SUBJECT TO CHANGE</b></p>	<p><b>Notification:</b> Peanuts/Peanut Butter are not used in our meals. However, some products may contain nuts, may be produced in plants that use nuts and may contain traces of nuts.</p>	<p><i><b>This institution is an equal opportunity provider.</b></i></p>		
<p>LABOR DAY 3</p> <p><b>NO SCHOOL</b></p>	<p>4</p> <p>Cheese Burger WW Hamburger Bun Tomato Slices 1/4 IB Lettuce 1/8-1/4 French Fries 1/2 Orange Smiles 1/2 H. S. Fruit 1/2 WG Dessert Choice</p>	<p>5</p> <p>Fiesta Soft Tacos GB/Cheese/JP/SC Pinto Beans 1/2 Sweet Kernel Corn 1/2 Peach Slices 1/2 H. S. Fruit 1/2</p>	<p>6</p> <p>Turkey Roast, Gravy Red Beans 1/2 &amp; Brown Rice 1/2 Yam Patty 1/4-1/2 Apple Wedges 1/2 H. S. Fruit 1/2 Southern Cornbread</p>	<p>7</p> <p>Toasted Grilled Cheese Sandwich Baby Carrots 1/4-1/2 Broccoli 1/2 <b>w/CS</b> Seasonal Fruit 1/2 H. S. Fruit 1/2 WG Dessert Choice</p>
<p>10</p> <p>Lasagna (1/4 R/O) WG Pasta 1/2 Green Beans 1/2 Garden <b>DG</b> Salad 1/4 Pineapple Tidbits 1/2 H. S. Fruit 1/2 WG Garlic Roll</p>	<p>11</p> <p>Chicken Nuggets Yam Patty OR Sweet Pot. Puffs 1/2 Celery Sticks 1/4-1/2 Applesauce 1/2 H. S. Fruit 1/2 WG Yeast Roll</p>	<p>12</p> <p>Salisbury Steak, G. Creamy Potatoes 1/2 Black Eye Peas 1/2 Peach Slices 1/2 H. S. Fruit 1/2 WG Yeast Roll</p>	<p>13</p> <p>Baked Chicken Seasoned Rice 1/2 Broccoli 1/2 <b>w/CS</b> Baby Carrots 1/4-1/2 Apple Wedges 1/2 H. S. Fruit 1/2 WG Yeast Roll</p>	<p>14</p> <p>Baked Potato (GB/Cheese/SC/BB) <b>DG's</b> Salad 1/4-1/2 Tomato, Diced 1/4 Cucumber Slices 1/4 Fruit Mix 1/2 H. S. Fruit 1/2 WG Cinnamon Roll</p>
<p>17</p> <p>Fiesta Soft Tacos GB/Cheese/JP/SC Salsa 1/4 Pinto Beans 1/2 Sweet Kernel Corn 1/4 Peach Slices 1/2 H. S. Fruit 1/2</p>	<p>18</p> <p>Hamburger WG Hamburger Bun Tomato Slices 1/8-1/4 IB Lettuce 1/4 French Fries 1/2 Pear Slices 1/2 H. S. Fruit 1/2 WG Cookie Choice</p>	<p>19</p> <p>Chicken Alfredo WG Pasta 1/2 Yam Patty 1/2 <b>DG's</b> Salad 1/4-1/2 Orange Smiles 1/2 H. S. Fruit 1/2 WG Garlic Roll</p>	<p>20</p> <p>Pork Roast, Gravy Brown Rice 1/2 Sweet Peas 1/2 Cauliflower 1/4-1/2 Spiced Apples 1/2 H. S. Fruit 1/2 WG Yeast Roll</p>	<p>21</p> <p>Beef Finger Steaks Broccoli 1/2 <b>w/CS</b> Glazed Carrots 1/4-1/2 Pineapple Tidbits 1/2 H. S. Fruit 1/2 WG Yeast Roll</p>
<p>24</p> <p>Nachos Grande GB/Cheese/JP/SC Garden Salad 1/4-1/2 Sweet Kernel Corn 1/2 Apple Wedges 1/2 H. S. Fruit 1/2 WG Cinnamon Roll</p>	<p>25</p> <p>Meat Balls &amp; Gravy Brown Rice 1/2 Broccoli 1/2 <b>w/CS</b> Yam Patty 1/4-1/2 Fruit Choice 1/2 H. S. Fruit 1/2 WG Yeast Roll</p>	<p>26</p> <p>Chicken Nuggets Mac &amp; Cheese 1/2 Baby Carrots 1/4 Cherry Tomatoes 1/4 Cucumber Sticks 1/4-1/2 Dip for Vegetables Pear Slices 1/2 H. S. Fruit 1/2</p>	<p>27</p> <p>Chicken Stew Brown Rice 1/2 Lima Beans 1/2 Glazed Carrots 1/4-1/2 Applesauce 1/2 H. S. Fruit 1/2 WG Yeast Roll</p>	<p>28</p> <p>Hot Dog, Chili WG Hot Dog Bun Tator Tots OR French Fries 1/2 Mexican Beans 1/2 Fruit Mix 1/2 H. S. Fruit 1/2 WG Dessert Choice</p>