This institution is an equal opportunity provider

SEPTEMBER 2022 ARCHBISHOP DAMIANO SCHOOL LUNCH

Bringing our school community together through diverse, nutritious, and delicious food choices.

September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
School Closed			**School Closed**	**School Closed**
Labor Day 5 **School Closed**	**School Closed**	**School Closed**	Sloppy Joe on Whole Wheat Roll 8 Corn Fruit Cocktail Milk	Wheat Cheese Pizza 9 Green Beans Oranges Milk
Turkey & Cheese on Whole Wheat Roll 12 Steamed Broccoli Pears Milk	Hearty Chili w/Whole Wheat Roll 13 Carrots Peaches Milk	Open Face Turkey on Whole Wheat Roll 14 Sweet Potatoes Applesauce Milk	Cheeseburger on Whole Wheat Roll 15 Peas Pineapples Milk	Wheat Cheese Pizza 16 Green Beans Oranges Milk
Ham & Cheese on Whole Wheat Roll 19 Steamed Broccoli Oranges Slices Milk	Chicken Cacciatore w/ Whole Wheat Roll 20 Oriental Vegetables Peaches Milk	Fiesta Beef & Bean Burrito 21 Carrots Pineapples Milk	**First Day of Fall** 22 Turkey & Cheese Subs Creamy Potato Salad Mixed Fruits Milk	Wheat Cheese Pizza 23 Green Beans Pears Milk
Hot Dog on Whole Wheat Roll 26 Baked Beans Applesauce Milk	Ham & Cheese on Whole Wheat Roll 27 Carrots Pears Milk	**World School Milk Day** 28 Chicken Tenders W/Roll Carrots Pineapples Milk	Spaghetti W/ Meat Sauce 29 Steamed Broccoli Mandarin Oranges Milk	Wheat Cheese Pizza Green Beans 30 Mixed Fruits Milk

Esta institución es un proveedor de igualdad de oportunidades

SEPTEMBER 2022

COLEGIO ARZOBISPO DAMIANO

LUNCH

Reuniendo a nuestra comunidad a través de opciones de alimentos diversas, nutritivas y deliciosas.

¡Septiembre es el Mes de los Cereales Integrales! Trate de hacer al menos la mitad de sus granos de granos enteros. Busque las palabras "100% grano entero" o "100% trigo integral" en la etiqueta de los alimentos. Los granos enteros

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Escuela cerrada			**Escuela cerrada**	**Escuela cerrada**
Día del Trabajo 5 **Escuela cerrada**	**Escuela cerrada**	**Escuela cerrada**	Balandra Joe en Wcalor 8 RTodo Maíz Cóctel de frutas Leche	Pizza de queso de trigo 9 Judías verdes Naranjas Leche
Pavo y queso on 12 Rollo de trigo integral Brócoli al vapor Peras Leche	Chili abundante W/ 13 Rollo de trigo Zanahoria Duraznos Leche	Cara abierta Turquía en 14 Rollo de trigo integral Batatas Compota de manzana Leche	Hamburguesa con queso 15 on Rollo de trigo integral Guisantes Piñas Leche	Pizza de queso de trigo 16 Judías verdes Naranjas Leche
Jamón y queso on 19 Rollo de trigo integral Brócoli al vapor Rodajas de naranjas Leche	Pollo Cacciatore W/ 20 Rollo de trigo integral Verduras Orientales Duraznos Leche	Fiesta Beef & Bean 21 Burrito Zanahoria Piñas Leche	**Primer día de otoño** 22 Subs de pavo y queso Ensalada cremosa de papas Frutas mixtas Leche	Pizza de queso de trigo 23 Judías verdes Peras Leche
Hot Dog on 26 Rollo de trigo integral Frijoles horneados Compota de manzana Leche	Jamón y queso on 27 Rollo de trigo integral Zanahoria Peras Leche	**Escuela Mundial leche día** 28 Ofertas de pollo con rollo Zanahoria Piñas Leche	Espaguetis con salsa de carne 29 Brócoli al vapor Mandarinas Leche	Pizza de queso de trigo 30 Judías verdes Frutas mixtas Leche