



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.



ARCHBISHOP DAMIANO SCHOOL

Making a difference in the lives of our students



LUNCH

MONDAY

School Closed
Labor Day

01

TUESDAY

School Closed
Staff In-Service

02

WEDNESDAY

School Closed
Staff In-Service

03

THURSDAY

Macaroni & Cheese
Stewed Tomatoes
Peaches
Milk

04

FRIDAY

Wheat Cheese Pizza
Green Beans
Oranges
Milk

05

Turkey & Cheese On Wheat Roll
Spinach
Pears
Milk

08

Taco Tuesday
Hard Taco w/Lettuce, Tomato, Cheese
Spinach and Mixed Fruits
Milk

09

Chicken w/Waffles
Carrots
Apple slices
Milk

10

Sloppy Joe on Wheat Roll
Corn
Fruit Cocktail
Milk

11

Pizza Friday
Wheat Cheese Pizza
Green Beans
Oranges
Milk

12

Chicken Tenders w/ Wheat Roll
Corn
Pears
Milk

15

Nachos w/Ground Beef & Beans
Corn
Peaches

16

Hot Turkey on Wheat Bread
Sweet Potatoes
Applesauce
Milk

17

Cheeseburger on Wheat Roll
Peas
Pineapples
Milk

18

Wheat Cheese Pizza
Green Beans
Oranges
Milk

19

Cheesesteak on Roll
Carrots
Pineapples
Milk

22

Beef & Bean Burrito
Spinach
Peaches
Milk

23

Turkey & Cheese Sub on Wheat Roll
Potato Salad
Mixed Fruit
Milk

24

Italian Meatball on Wheat Roll
Lima Beans
Apple Slices
Milk

25

Wheat Cheese Pizza
Green Beans
Pears
Milk

26

Double Dog Day
Wheat Roll
Baked Beans
Apple
Milk

29

Soft Beef Tacos w/Lettuce, Tomato, Cheese
Carrots
Mixed Fruits
Milk

30



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SEPTEMBER 2025