



Nutrition Tip: Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.
Reference: Eat Right

ARCHBISHOP DAMIANO SCHOOL

Making a difference in the lives of our students



LUNCH

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Turkey & Cheese on Wheat Roll
Broccoli
Pears
Milk

05

Chili w/Wheat Roll
Carrots
Peaches
Milk

06

Hot Turkey on Wheat Bread
Sweet Potatoes
Applesauce
Milk

07

Cheeseburger on Wheat Roll
Peas
Pineapples
Milk

08

Wheat Cheese Pizza
Green Beans
Oranges
Milk

09

Ham & Cheese on Wheat Roll
Broccoli
Oranges
Milk

12

Chicken Cacciatore w/
Wheat Roll
Spinach
Peaches
Milk

13

Beef & Bean Burrito
Carrots
Pineapples
Milk

14

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

15

Wheat Cheese Pizza
Green Beans
Pears
Milk

16

School Closed
Martin Luther King Day

19

Soft Beef Tacos w/
Lettuce, Tomato, Cheese
Carrots
Peaches
Milk

20

Chicken Tenders w/
Wheat Roll
Corn
Pineapples
Milk

21

Spaghetti w/Meat Sauce
Broccoli
Oranges
Milk

22

Four Cheese Pizza
Green Beans
Mixed Fruits
Milk

23

Pulled Pork on Wheat Roll
Baked Beans
Apple
Milk

26

Macaroni & Beef
Spinach
Mixed Fruits
Milk

27

BBQ Chicken on Wheat Roll
Peas
Pears
Milk

28

Macaroni & Cheese
Stewed Tomatoes
Peaches
Milk

29

Wheat Cheese Pizza
Green Beans
Oranges
Milk

30



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