

Catholic Diocese of Cleveland  
Nutrition Services

Nourishing Tomorrow, Today



Lunch Includes:

- \*Main Item
- \*Choice of Vegetable Side
- \*Choice of Fruit Side
- \*1/2 Pint Milk

**LUNCH  
Menu**

Correspond the cycle week to the color-coordinated calendar below.

**January-  
May 2022**

| CYCLE WEEK | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  |
|------------|---|--|---|---|---|
| <b>1</b>   | Hamburger or Cheeseburger on a Bun<br><br>Seasoned Potato Wedges<br><br>Mixed Fruit or Seasonal Fresh Fruit | Chicken Patty on a Bun<br><br>Baked Beans or Tossed Garden Salad<br><br>Frozen Juice Cup   | Meatball Sub<br><br>French Fries<br><br>Apple Slices or Seasonal Fresh Fruit                                    | Chicken Tenders<br><br>Broccoli with Cheese or Tossed Garden Salad<br><br>Fruit Cup                           | Mozzarella Sticks with Dipping Sauce<br><br>Carrots<br><br>Pears or Seasonal Fresh Fruit<br><br>Cookie Treat!                   |
| <b>2</b>   | Chicken Nuggets with a Roll<br><br>Broccoli with Cheese<br><br>Pineapple or Seasonal Fresh Fruit            | Mini Corn Dogs and a Cheese Stick<br><br>Green Beans or Tossed Garden Salad<br><br>Fruit Cup   | Swedish Meatballs and a Breadstick<br><br>Mashed Potatoes with Gravy<br><br>Applesauce or Seasonal Fresh Fruit  | Chicken Drumstick with a Roll<br><br>Baked Beans or Tossed Garden Salad<br><br>Fruit Yogurt Parfait           | Cheese Pizza<br><br>Carrot Sticks with Dip<br><br>Peaches or Seasonal Fresh Fruit   |
| <b>3</b>   | Pepperoni Pizza<br><br>Carrot Sticks with Dip<br><br>Pears or Seasonal Fresh Fruit                          | Walking Taco (Taco Meat, Cheddar Cheese, Tostitos Chips, with optional Black Beans and Salsa)<br><br>Corn or Tossed Garden Salad<br><br>Frozen Juice Cup | French Toast Sticks with Syrup<br><br>Tater Tots<br><br>100% Fruit Juice or Seasonal Fresh Fruit                | Roasted Chicken with a Corn Muffin<br><br>Potato Smiles or Tossed Garden Salad<br><br>Sunshine Smoothie       | Cheese Stuffed Breadsticks with Dipping Sauce<br><br>Green Beans<br><br>Applesauce or Seasonal Fresh Fruit<br><br>Cookie Treat! |
| <b>4</b>   | Riblet Sandwich<br><br>Baked Beans<br><br>Peaches or Seasonal Fresh Fruit                                   | Fiestada Pizza<br><br>Corn or Tossed Garden Salad<br><br>Mixed Fruit   | Popcorn Chicken with a Breadstick<br><br>Mashed Potatoes with Gravy<br><br>Apple Slices or Seasonal Fresh Fruit | Hamburger or Cheeseburger on a Bun<br><br>Broccoli with Cheese or Tossed Garden Salad<br><br>Mandarin Oranges | Mac & Cheese with a Pretzel Rod<br><br>Carrots<br><br>Fruit Cup or Seasonal Fresh Fruit   |

Please note that regulations require that at least one fruit or vegetable side be chosen with each lunch.

Substitutions of items may be necessary.

**This institution is an equal opportunity provider.**

January 2022

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| S  | M  | T  | W  | T  | F  | S  |
| 2  | 3  | 4  | 5  | 6  | 7  | 8  |
| 9  | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 |    |    |    |    |    |

February 2022

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| S  | M  | T  | W  | T  | F  | S  |
|    |    | 1  | 2  | 3  | 4  | 5  |
| 6  | 7  | 8  | 9  | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 |    |    |    |    |    |

March 2022

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| S  | M  | T  | W  | T  | F  | S  |
|    |    | 1  | 2  | 3  | 4  | 5  |
| 6  | 7  | 8  | 9  | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 |    |    |

April 2022

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| S  | M  | T  | W  | T  | F  | S  |
|    |    |    |    |    | 1  | 2  |
| 3  | 4  | 5  | 6  | 7  | 8  | 9  |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |

May 2022

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| S  | M  | T  | W  | T  | F  | S  |
| 1  | 2  | 3  | 4  | 5  | 6  | 7  |
| 8  | 9  | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 |    |    |    |    |

Week 1 Meal Plan

Week 2 Meal Plan

Week 3 Meal Plan

Week 4 Meal Plan