



St. Alphonsus Catholic School
504 Jackson Avenue
Ocean Springs, MS 39564
PreK3 – 6th grade Menu



Nutrition Tip: With September being Whole Grains month, try increasing your whole grain intake by snacking on ready-to-eat whole grain cereals, whole grain crackers or popcorn.



Reference: USDA MyPlate

Monday

Tuesday

Wednesday

Thursday

Friday

Chicken Soft Tacos w/ salsa, lettuce, & cheese
Black Bean & Corn Salad
Honeydew
Milk **1**

Sausage, Egg, Cheese Breakfast Sandwich on English Muffin
Shredded Hashbrowns
Berry Yogurt Parfait
Milk **2**

Chicken Alfredo
Steamed Broccoli
Breadstick
Grapes
Milk **3**

BBQ Pork Sandwich
Romaine Side Salad
Baked Beans
Honeydew
Milk **4**

NO SCHOOL
LABOR DAY HOLIDAY **7**

Chicken Quesadilla
Mexicali Corn
Spanish Rice
Peaches
Milk **8**

Salisbury Steak w/ Rice
Mixed Veggies
Sweet Potato Muffin
Watermelon
Milk **9**

Cheese Ravioli w/ Marinara Sauce
Roasted Summer Squash
Garlic Toast
Watermelon
Milk **10**

Chicken & Vegetable Egg Roll
Stir Fried Rice w/ Veggies
Shelled Edamame
Mandarin Oranges
Milk **11**

Ham or Turkey & Cheese Hoagie
Shelled Edamame
Pasta Salad
Peaches
Milk **14**

Beef & Cheese Nachos
Spinach Side Salad
Refried Beans
Grapes
Milk **15**

Sliced Ham
Herbed Carrots
Lima Beans
Yeast Roll
Mandarin Oranges
Milk **16**

Lasagna
Green Beans
Breadstick
Peaches
Milk **17**

Chef Salad
Pita Bread w/ Hummus
Blueberries
Peanut Butter Cookie
Milk **18**

Grilled Chicken Sandwich
Veggies Sticks w/ Ranch
Goldfish Crackers
Peaches
Milk **21**

Beef Taco Salad w/ Salsa & Tortilla Chips
Black Bean & Corn Salad
Mango
Milk **22**

Beef Tips w/ Noodles
Spinach Side Salad
Cornbread Muffin
Strawberries
Milk **23**

Cheese Pizza
Cucumber & Tomato Salad
Bananas
Chocolate Cake
Milk **24**

Chicken & Waffles
Roasted Sweet Potatoes
Spinach Side Salad
Banana
Milk **25**

Ham or Turkey & Cheese Croissant
Snow Peas
Pretzels
Apricots
Milk **28**

Steak Fajita Bowl
Chips & Salsa
Blueberries
Rice Krispie Treat
Milk **29**

Hamburger
Mac & Cheese
Roasted Cauliflower
Green Peas
Apricots
Milk **30**

