

AUGUST 2021

ST. ALPHONSUS CATHOLIC SCHOOL

LUNCH



St. Alphonsus Catholic School
504 Jackson Avenue
Ocean Springs, MS 39564



August is Family Meals Month! Family meals around the table provide an opportunity to spend time together. Make time for family meals when planning your household's schedule each week. Try to cook, eat, and clean up together!

Reference: USDA MyPlate

MONDAY

2

TUESDAY

3

WEDNESDAY

4

THURSDAY

5

FRIDAY

6

Pig In A Blanket /
Ham & Cheese Wrap (PK2)
Sauteed Snow Peas
Apricots
Pita Bread w/ Hummus
Milk

9

Beef Tacos
Roasted Carrots
Pineapple
Tortilla Chips w/ Salsa
Milk

10

Scrambled Eggs
Bacon / **String Cheese (PK2)**
Shredded Hash Browns
Buttermilk Biscuit
Watermelon
Milk

11

Spaghetti w/ Meat Sauce
Roasted Broccoli
Banana
Garlic Toast
Milk

12

Chicken & Sausage
Gumbo
Chicken & Rice (PK2)
Side Salad
Banana
Saltine Crackers
Milk

13

Ham & Cheese Croissant
Carrot & Cucumber Salad
Oranges
Pretzels
Milk

16

Chicken & Rice Burrito
Mexicali Corn
Mango
Spanish Rice
Milk

17

Pot Roast
Mashed Potatoes w/
Gravy
Cantaloupe & Honeydew
Yeast Roll
Milk

18

Cheese or Pepperoni
Pizza / **Cheese Only (PK2)**
Kale & Apple Salad
Peaches
Chocolate Cake
Milk

19

Red Beans & Rice
w/ Sausage / **No Sausage (PK2)**
Veggie Sticks w/ Ranch
Pears
Cornbread
Milk

20

Turkey & Cheese Slider
Shelled Edamame
Oranges
Pasta Salad
Milk

23

Beef Nachos /
Beef & Cheese Wrap (PK2)
Roasted Cauliflower
Pineapple
Tortilla Chips w/ Salsa
Milk

24

Sliced Ham
Green Peas
Strawberries
Macaroni & Cheese
Milk

25

Chicken Parmesan
Green Beans
Grapes / **Applesauce (PK2)**
Garlic Breadstick
Milk

26

Chicken & Waffles
Side Salad
Roasted Sweet Potatoes
Grapes / **Applesauce (PK2)**
Milk

27

Grilled Chicken
Sandwich
Cucumber & Tomato Salad
Apricots
Goldfish Crackers
Milk

30

Chicken Quesadilla
Black Beans & Corn
Mango
Spanish Rice
Milk

31



** Menu subject to change at manager's discretion due to product availability **

** Desserts are not served to students in PK2 **