

Holy Trinity Breakfast Menu

September 2019

2	3	4	5	6
Labor Day No School	Whole Grain Pancakes Whole Grain French Toast Scrambled Eggs (w/cheese) Bacon Yogurt Parfait Whole Grain Tortilla Oatmeal/ Fresh Fruit Hash Browns Orange or Apple Juice	Whole Grain Pancakes Whole Grain French Toast Turkey Sausage Scrambled Eggs (w/cheese) Oatmeal Breakfast Wrap Yogurt Parfait/ Fresh Fruit Hash Browns Orange or Apple Juice	Whole Grain Pancakes Scrambled Eggs (w/veggies or w/cheese) Bacon Whole Grain English Muffin Yogurt Parfait Fresh Fruit Red Breakfast Potatoes Orange or Apple Juice	Whole Grain Pancakes Scrambled Eggs (w/cheese) Whole Grain Toast Yogurt Parfait Oatmeal Fresh Fruit Hash Browns Orange or Apple Juice
9	10	11	12	13
Whole Grain Pancakes Whole Grain French Toast Scrambled Eggs (w/cheese) Bacon Yogurt Parfait Whole Grain Tortilla Oatmeal/ Fresh Fruit Hash Browns Orange or Apple Juice	Whole Grain Pancakes Whole Grain French Toast Scrambled Eggs (w/cheese) Whole Wheat Veggie Wrap Turkey Sausage Yogurt Parfait Fresh Fruit Sweet Potato Hash Browns Orange or Apple Juice	Whole Grain Pancakes Whole Grain French Toast Turkey Sausage Scrambled Eggs (w/cheese) Oatmeal Breakfast Wrap Yogurt Parfait/ Fresh Fruit Hash Browns Orange or Apple Juice	Whole Grain Pancakes Scrambled Eggs (w/veggies or w/cheese) Bacon Whole Grain English Muffin Yogurt Parfait Fresh Fruit Red Breakfast Potatoes Orange or Apple Juice	Whole Grain Pancakes Scrambled Eggs (w/cheese) Whole Grain Toast Yogurt Parfait Oatmeal Fresh Fruit Hash Browns Orange or Apple Juice
16	17	18	19	20
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23	24	25	26	27
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30				
Whole Grain Pancakes Whole Grain French Toast Scrambled Eggs (w/cheese) Bacon Yogurt Parfait Whole Grain Tortilla Oatmeal/ Fresh Fruit Hash Browns Orange or Apple Juice				

Holy Trinity Lunch Menu

September 2019

2 Labor Day No School	3 Seasoned Pork Taco's w/Mexican Style Rice, Beans & Fresh Fruit Pineapple Fish Turkey Sandwich Chicken Caesar Salad Chef's Salad	4 Grilled Ham and Cheese on Whole Wheat Bread, Lettuce, Tomato, Baked French Fries, Peas & Fresh Fruit Chicken Quesadilla w/Fresh Salsa & Sour Cream Italian Sub Buffalo Chicken Salad Southwest Chicken Salad	5 Cajun Chicken with Whole Wheat Pasta Topped with Peppers and Onions & Fresh Fruit Chicken Cordon Bleu Sandwich Ham Sandwich Grilled Chicken Salad Chipotle Chicken Salad	6 Cheese or Pepperoni Pizza on Homemade Whole Wheat Crust w/Pasta Salad, Sliced Carrots, Cauliflower w/Cheese & Fresh Fruit Turkey Melt Ham Sandwich Buffalo Chicken Salad Chef's Salad
9 Pulled Pork on Whole Grain Bun w/Baked Beans, Carrot Slices & Fresh Fruit Grilled Chicken Sandwich Turkey Sandwich Greek Chicken Salad Grilled Chicken Salad	10 Chicken Alfredo w/Whole Grain Pasta, Fresh Broccoli, Whole Wheat Dinner Roll & Fresh Fruit Tripletta Sandwich Crispy Chicken Wrap Chipotle Chicken Salad Chef Salad	11 Crispy Homemade Beef Flautas on Whole Grain Tortillas w/Mexican Style Rice, Beans & Fresh Fruit Grilled Ham & Cheese Chicken Club Wrap Buffalo Chicken Salad Garden Salad	12 Grecian Style Pork Kabobs w/Spinach & Feta Brown Rice, Tomato Salad & Fresh Fruit Beef Burrito American Sub Sandwich Crispy Chicken Salad Hawaiian Salad	13 Puerto Rican Style Roasted Chicken w/Traditional Rice, Red Beans, Carrot Sticks & Fresh Fruit Chilaquiles With Ham Eggs Turkey Sandwich Crispy Chicken Salad Buffalo Chicken Salad
16 Chicken Teriyaki w/Fresh Stir Fry Vegetables over Whole Grain Noodles & Fresh Fruit Cajun Chicken Sandwich Turkey Sandwich Buffalo Chicken Salad Chef's Salad	17 The Colonel's Chicken Bowl w/Mashed Potatoes & Gravy, Corn, Shredded Cheese & Fresh Fruit The Godfather Sandwich Ham Sandwich Grilled Chicken Salad Buffalo Chicken Salad	18 Handmade Cheese or Spinach Lasagna w/House Salad & Fresh Fruit Monte Cristo Sandwich BLT Wrap Buffalo Chicken Salad Chef Salad	19 Gyro on Whole Wheat Pita w/Spinach & Feta Brown Rice & Homemade Tzaziki Sauce, Tomato Salad & Fresh Fruit Chicken Parmesan Sandwich Salami Sandwich Buffalo Chicken Salad Chef's Salad	20 Cheese or Pepperoni Pizza on Homemade Whole Wheat Crust w/Pasta Salad, Sliced Carrots, Cauliflower w/Cheese & Fresh Fruit BBQ Chicken Sandwich Turkey Sandwich Crispy Chicken Salad Southwest Chicken Salad
23 Pan-Fried Chicken Breast w/Mashed Potatoes, Corn, Whole Grain Roll & Fresh Fruit Grilled Cheese Sandwich American Sub Sandwich Crispy Chicken Salad Hawaiian Salad	24 Holy Trinity Stuffed Burger on Whole Grain Bun w/Lettuce & Tomato, Baked Sweet Potato Fries & Fresh Fruit Chicken Fajita Sandwich Turkey Sandwich Grilled Chicken Salad Chef's Salad	25 Whole Grain Chicken Burrito Garnished w/Lettuce and Tomato, Corn, Refried Beans & Fresh Fruit Buffalo Chicken Sandwich Salami Sandwich Greek Chicken Salad Crispy Chicken Salad	26 General Tsao's Glazed Chicken w/Fresh Stir Fry Vegetables over Whole Grain Rice & Fresh Fruit Meatball Sub Turkey Sandwich Buffalo Chicken Salad Chef's Salad	27 Jumbo Stuffed Shells w/Meat Sauce, House Salad & Fresh Fruit Italian Sub Buffalo Chicken Wrap Grilled Chicken Salad Crispy Chicken Salad
30 Apple Cider Pork Loin w/Au Gratin Potatoes, Green Beans & Fresh Fruit Grilled Chicken Sandwich Greek Chicken Wrap Crispy Chicken Salad Chef Salad				