

# Menus for August 2010



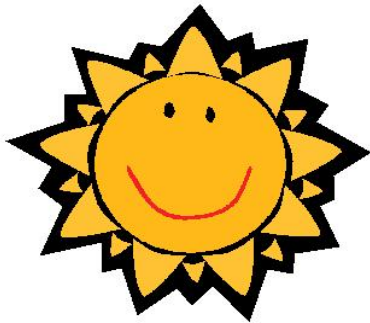
**EAT BETTER.  
PLAY HARDER.  
LIVE HEALTHIER.  
LEARN EASIER.**

**WELLNESS IS A WAY OF LIFE!**

*This year, our menu will feature regular Wellness tips, showing how diet, exercise, and taking care of ourselves can help ensure that we stay healthy and at the top of our games!*

Cathedral  
Grade  
School

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**Wednesday, August 18**

*Early Dismissal  
No Lunch!*

**Thursday, August 19**

*Lunch  
Hot Dog on Bun  
Or  
Ham & Cheese  
On Bun  
French Fries  
Apple Half  
Cold Milk*

**Friday, August 20**

*Lunch  
Spaghetti &  
French Bread  
Or  
Fish Sandwich  
Sweet Green Peas  
Chilled Pineapple  
Cold Milk*

**AVAILABLE DAILY**

**For Lunch, we offer  
additional  
entrée choices of:**

- Cheese Sandwich
- Chef Salads on Wednesdays and Fridays

**Monday, August 23**

*Lunch  
Sausage Pizza  
Or  
Deli Turkey Wrap  
Green Beans  
Chilled Peaches  
Cold Milk*

**Tuesday, August 24**

*Lunch  
Chicken Nuggets  
With a Bread Slice  
Or  
BBQ Rib Sandwich  
Carrot Coins  
Chilled Pears  
Cold Milk*

**Wednesday, August 25**

*Lunch  
Pancakes and Sausage  
Or  
Country Steak Sandwich  
Crisp Potato Rounds  
Orange Smiles  
Cold Milk*

**Thursday, August 26**

*Lunch  
Cheeseburger  
Or  
Sub Sandwich  
(Ham and Turkey)  
Reduced Fat Doritos  
Sweet Corn  
Pineapple Tidbits  
Cold Milk*

**Friday, August 27**

*Lunch  
Soft Chicken Tacos  
With Lettuce & Cheese  
Or  
Hot Ham & Cheese  
on Bun  
Mixed Vegetables  
Cool Applesauce  
Cold Milk*

**Monday, August 30**

*Lunch  
Double Stuff Cheese Pizza  
Or  
Chicken Sandwich  
Whole Kernel Corn  
Mixed Fruit  
Cold Milk*

**Tuesday, August 31**

*Lunch  
Toasted Cheese Sandwich  
Or  
Corn Dog  
Seasoned Green Beans  
Apple Half  
Cold Milk*