

**Washington Catholic Schools - Cardinal Café
Lunch Menu for August**

Monday	Tuesday	Wednesday	Thursday	Friday
		WELCOME BACK!!!		1
4	5	6	7	8
11	12 Turkey & cheese club bagel or Salad Bar or Sausage Pizza Bread Stick w/ Marinara Sauce Corn Ice Cream Sandwich Milk or Water	13 Pizza Sticks or Salad Bar or Chicken Patty on Whole Grain Bun Spicy Fries Fruit Juice Cup Milk or Water	14 Chicken Stir-Fry w/ Chinese Noodles or Salad Bar or BBQ Beef on Whole Wheat Bun Steamed Rice Peas Pineapple Milk or Water	15 Tuna Salad on Bun or Salad Bar Carrot Sticks Fruit Juice Cup Milk or Water
18 Hot Dog on Bun or Salad Bar or Toasted Turkey & Ham & Cheese Sandwich Potato Wedges Peaches or Fruit Juice Cup Milk or Water	19 Meatloaf or Salad Bar or Chicken Nuggets Whole Wheat Roll Mashed Potatoes w/ Gravy Green Beans Applesauce Milk or Water	20 BBQ Chicken on Whole Grain Bun or Salad Bar or WC Bacon Cheeseburger Tater Tots Pickle Spear Grapes or Fruit Juice Cup Milk or Water	21 Lasagna w/ Breadstick & Cheese or Salad Bar or Corn Dog Tossed Salad Orange Wedges Milk or Water	22 Cheese Pizza or Salad Bar Banana Bread Squares Juice Cup Milk or Water
25 Soft Beef Taco or Salad Bar or Nachos w/ Gr. Beef Corn Mixed Fruit or Fruit Juice Cup Chocolate Chip Cookie Milk	26 Chicken Noodles or Salad Bar or Sub Sandwich on Bun Peas / Pickle Spear Cheesy Potatoes Celery Sticks Pears Milk or Water	27 Pizza Hut Pizza w/ Mozzarella Sticks or Salad Bar Apple Sauce or Fruit Juice Cup Carrot Sticks Milk or Water	28 Hot Ham Slice w/ Roll or Salad Bar or Toasted Cheese Mashed Potatoes w/ Gravy Brown Sugar Carrots Milk or Water	29 Fettucini Alfredo or Salad Bar Butter Bread Green Beans Strawberries or Fruit Juice Cup No Bake Cookie Milk or Water

Extra Treats Menu: 25 cents each
Fruit Roll Up
Large Dill Pickle

Apple

Orange

Banana
Low Fat Ice Cream Cup