Diocese of Shreveport Child Nutrition Program
Our Lady of Fatima School January 2023 Menu

Check out our new school lunch menu options! 5 YES, 5 main entrée menu options offered daily!
***Plus, Charcuterie Boxes* and Chef Salads are offered as a complete meal, just grab a milk!**

**** NEW! Charcuterie LUNCH Boxes* for grades K-8th may include Pepperoni, Egg, Ham, Turkey, or Cheese along with Fresh Fruit, Veggies and Crackers.**

Monday	Tuesday	Wednesday	Thursday	Friday
	3	**4**	**5**	**6**
	Hamburger Mac & Cheese Popcorn Chicken Yogurt Cup w/ Graham Crackers Fresh Baby Carrots Seasoned Green Beans Classic Applesauce Homemade Yeast Roll Milk	**French Toast & Sausage w/ Syrup Breakfast Pancake Sausage Stick w/ Syrup Yogurt Cup w/ Graham Crackers** Hashbrown Potatoes Peas & Carrots Pineapple Tidbits Milk	**Pizza Hut Pizza Yogurt Cup w/ Graham Crackers** Sweet Potato Soufflé Crisp Spring Salad Fresh Seasonal Fruit Rice & Gravy Milk	**BBQ Pulled Pork Sandwich Cod Fish Nuggets Yogurt Cup w/ Graham Crackers** Best Baked Beans Oven Crisp French Fries Sliced Dill Pickles Sweet Sliced Pears Strawberry Jell-O Milk
9	**10**	**11**	**12**	**13**
Char-Broiled Hamburger Turkey Sandwich Yogurt Cup w/ Graham Crackers Tater Tots Fresh Broccoli Florets Sweet Chilled Peaches Milk	**Chicken Alfredo Popcorn Chicken Yogurt Cup w/ Graham Crackers** Fresh Baby Carrots Seasoned Green Beans Classic Applesauce Homemade Yeast Roll Milk	**Chicken & Waffles w/ Syrup Breakfast Pancake Sausage Stick w/ Syrup Yogurt Cup w/ Graham Crackers** Hashbrown Potatoes Peas & Carrots Pineapple Tidbits Milk	**Pizza Hut Pizza Yogurt Cup w/ Graham Crackers** Sweet Potato Soufflé Crisp Spring Salad Fresh Seasonal Fruit Rice & Gravy Milk	**Grilled Chicken Sandwich Chicken Nuggets Yogurt Cup w/ Graham Crackers** Red Beans & Rice Sweet Corn Sweet Chilled Pears Royal Brownie Milk
16	**17**	**18**	**19**	**20**
Martin Luther King Jr. Day I HAVE A DREAM	**Frito Taco Burrito (K-8) Mini Corn Dogs (Pre-K-8) Yogurt Cup w/ Graham Crackers** Sweet Corn Refried Beans Classic Applesauce Cinnamon Roll Milk	**Breaded Chicken Tenders (K-8) Mini Corn Dogs (K-8) Yogurt Cup w/ Graham Crackers** Creamy Whipped Potatoes Sauteed Mixed Greens Fruit Cocktail w/ Jell-O Cornbread w/Syrup Milk	**Pizza Hut Pizza Yogurt Cup w/ Graham Crackers** English Sweet Peas Fresh Cucumber Sticks w/ Ranch Dressing Fresh Seasonal Fruit Rice & Gravy Milk	**Grilled Cheese Sandwich Chicken Nuggets Yogurt Cup w/ Graham Crackers** Tomato Soup Fresh Broccoli Florets w/ Ranch Dressing Sweet Sliced Pears Milk
23	**24**	**25**	**26**	**27**
Midway Corndog Chicken Nuggets Yogurt Cup w/ Graham Crackers Tater Tots Steamed Broccoli Sweet Chilled Peaches Sugar Cookie Milk	**Hamburger Mac & Cheese Popcorn Chicken Yogurt Cup w/ Graham Crackers** Fresh Baby Carrots Seasoned Green Beans Classic Applesauce Homemade Yeast Roll Milk	**French Toast & Sausage w/ Syrup Breakfast Pancake Sausage Stick w/ Syrup Yogurt Cup w/ Graham Crackers** Hashbrown Potatoes Peas & Carrots Pineapple Tidbits Milk	**Pizza Hut Pizza Yogurt Cup w/ Graham Crackers** Sweet Potato Soufflé Crisp Spring Salad Fresh Seasonal Fruit Rice & Gravy Milk	**Nachos Chili & Cheese Corn Dog Minis Yogurt Cup w/ Graham Crackers** Best Baked Beans Oven Crisp French Fries Sweet Sliced Pears Mac & Cheese Milk
30	**31**			
Char-Broiled Hamburger Turkey Sandwich Yogurt Cup w/ Graham Crackers Tater Tots Fresh Broccoli Florets Sweet Chilled Peaches Milk	**Spaghetti & Meat Sauce Popcorn Chicken Yogurt Cup w/ Graham Crackers** Fresh Baby Carrots Seasoned Green Beans Classic Applesauce Homemade Yeast Roll Milk			

Menus are subject to change based on delivery of products.

- **Please sign up for FREE to monitor and maintain your child's meal account at www.myschoolbucks.com**
- **For more information, please contact the Diocese of Shreveport Office of Child Nutrition at (318) 219-7297, or go to http://www.dioshpt.org/ministries/catholic-schools/school-nutrition-program/**

2022-2023 Meal Prices

Student	$3.50
Adult/Visitor	$5.00

2nd Servings

Main Dish	$1.50
Veggie or Fruit	$0.75
Breads	$0.50
Milk	$0.75

Smart Snacks are available at additional cost. Monthly Menus and all prices are posted online and in school cafeterias.

Pre-K students receive one entre and all other item listed with portion sizes according to age. Students in grades K-8th must choose at least 3 of 5 meal components offered daily (protein, grain, vegetable, fruit, and milk) and 1 component must be a fruit or a vegetable.

Chef Salads offered daily upon request only and may include Egg, Chicken Strips, Ham, or Turkey.

Daily Options:

- **Fat Free condiments** may include: Ranch, Italian, Honey Mustard Dressings, and Ketchup.
- **Milk Choices** include: Fat-Free Chocolate Milk and 1% White Milk.
- **Whole Grains**: 80% of all grain items are Whole Grain Rich.
- **Extra Sales *USDA Approved Smart Snacks*** options offered daily may include: 100% Fruit Juices, variety of Baked Chips, and low-fat and/or sugar-free Frozen Juices or Ice Creams.

This institution is an equal opportunity provider.