

# SEPTEMBER | 2022



## CALVARY ACADEMY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	30	31	1 CHICKEN & NOODLE CASSEROLE GREEN BEANS MIXED FRUIT WG ROLL	2 SMORGASBORD DAY
5 SCHOOL CLOSED IN OBSERVANCE OF LABOR DAY	6 BOSCO STICKS WG BREAD STICKS STUFFED WITH MOZ. CHEESE MIXED GREEN LETTUCE SALAD WITH CHOICE OF DRESSING FRUIT COCKTAIL IN JUICE MARINARA DIPPING SAUCE	7 CHICKEN FAJITA GRILLED CHICKEN STRIPS WITH FAJITA SEASONING IN A SOFT FLOUR TORTILLA SHREDDED CHEDDAR CHEESE REFRIED BEANS / CORN PINEAPPLE TIDBITS L.F. SOUR CREAM / SALSA	8 "SMILE FOR THE CAMERA DAY!" CHICKEN SANDWICH - WG BREADED, OVEN BAKED, CHICKEN PATTY ON A WG BUN SMILEY FACE POTATOES FRESH ORANGE WEDGES CHAT SNAX - WG VANILLA CRUNCH BITES KETCHUP / R.F. MAYO	9 CHILI CHILI WITH BEEF & BEANS CARROT & CELERY STICKS BANANA CORNBREAD
12 SMORGASBORD DAY	13 CHEESEBURGER MACARONI & CHEESE - WG PASTA & BEEF CRUMBLES MIXED TOGETHER IN A CHEESE SAUCE & BAKED STEAMED BROCCOLI STRAWBERRY APPLESAUCE	14 BREAKFAST FOR LUNCH DAY! WG FRENCH TOAST STICKS TURKEY SAUSAGE LINKS TATER TOTS MANDARIN ORANGE SEGMENTS 100% FRUIT JUICE SYRUP	15 CHEESE QUESADILLA CORN & BLACK BEANS SLICED BAKED APPLES SPANISH RICE L.F. SOUR CREAM / SALSA	16 HEY JUMPERS - DON'T SKIP OUT ON LUNCH! HOP IN THE LUNCH LINE FOR POPCORN CHICKEN! SKIPPING SWEET POTATO FRIES HEART HEALTHY BANANA DOUBLE DUTCH MINI CHOCOLATE MUFFIN / MILK
19 CHICKEN TENDER WRAP WG BREADED, OVEN BAKED CHICKEN STRIPS INSIDE A WG FLOUR TORTILLA GREEN BEANS SLICED PEACHES PRETZEL STICKS LF RANCH DRESSING / LF MAYO	20 HOT DOG ALL MEAT HOT DOG IN A WG BUN BAKED BEANS DICED PEARS KETCHUP / MUSTARD PICKLE RELISH GOLDFISH CRACKERS	21 FRIED CHICKEN WG BREADED, OVEN BAKED FRIED CHICKEN LEG - K5-6 <sup>TH</sup> J.H. & H.S. - BREAST, LEG, OR THIGH MASHED POTATOES CHICKEN GRAVY / WG BISCUIT MANDARIN ORANGES	22 SPAGHETTI & MEATBALLS ALL BEEF MEATBALLS & WG PASTA IN A MARINARA SAUCE MIXED GREEN SALAD WITH CHOICE OF DRESSING SEEDLESS GRAPES WG GARLIC BREAD	23 HAM & CHEESE SLIDER SHAVED TURKEY HAM & PROVOLONE CHEESE ON A WG MINI BUN BAKED SWEET POTATOES BANANA L.F. DORITOS R.F. MAYO / MUSTARD
26 CHICKEN NUGGETS WG BREADED, OVEN BAKED CHICKEN CHUNKS SWEET POTATO WAFFLE FRIES MIXED FRUIT WG ROLL BBQ SAUCE / KETCHUP	27 PIZZA BURGER ALL BEEF PATTY WITH MARINARA SAUCE, SEASONINGS & MOZ. CHEESE ON A WG BUN SPIRAL CUT FRIES RED DELICIOUS APPLE	28 CHICKEN FRIED RICE DICED CHICKEN WITH RICE, EGG, PEAS, & CARROTS STIR FRIED MIXED VEGGIES PINEAPPLE TIDBITS VEGETABLE EGG ROLL SWEET & SOUR SAUCE	29 BAKED MACARONI & CHEESE WG ELBOW MACARONI WITH CHEESE SAUCE GREEN BEANS DICED PEARS CEREAL & SNACK MIX	30 SMORGASBORD DAY



FRIDAY, SEPTEMBER 16

PLEDGE FORMS  
AVAILABLE IN THE  
ACADEMY OFFICE.

SIMILAR TO THE WALK-A-THON!  
A FUN WAY TO EARN DONATIONS  
TOWARDS YOUR STUDENT'S TUITION