

SEPTEMBER 2023

Catalyst Public School Breakfast and Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DID YOU KNOW

The name September comes from the Latin *septem*, meaning seven, since it was the seventh month of the Roman calendar, which began with March. There are 30 days in the month of September, which starts on the same day of the week as December each year but does not end on the same day of the week as any other month in the year.

**Happy
Labor
Day**

4

Bean & Cheese Burrito
Mexican Rice

Or PB&J combo

5

No Lunch Today

Early Release

6

Emoji Waffle
Sausage Link

Or PB&J combo

7

Cheese or Pepperoni
French Bread Pizza

Or PB&J combo

8

Hamburger
Chips

Or PB&J combo

11

Teriyaki Chicken Bites
Seasoned Rice

Or PB&J combo

12

No Lunch Today

Early Release

13

French Toast Slice
Sausage Link

Or PB&J combo

14

Mozzarella Cheese
Pizza Bites
Marinara Sauce Cup

Or PB&J combo

15

BBQ Pork Sandwich
Chips

Or PB&J combo

18

Soft Taco
Refried Beans

Or PB&J combo

19

No Lunch Today

Early Release

20

Pancake Sausage Stick
Hashbrown Wedge

Or PB&J combo

21

Cheese or Pepperoni
Pizza Slice

Or PB&J combo

22

Crispy Chicken Leg
Roasted Potatoes

Or PB&J combo

25

Orange Chicken Bites
Seasoned Rice

Or PB&J combo

26

No Lunch Today

Early Release

27

Breakfast Sandwich
(Egg, sausage, cheese)

Or PB&J combo

28

Cheese Pizza Quesadilla
Marinara Sauce Cup

Or PB&J combo

29

Macaroni & Cheese
Garlic Bread

Or PB&J combo

1

Breakfast includes:

Whole Grain Cereal (variety),
M, W & F
Whole Grain Muffin or Bread
T & TH
Fresh Fruit
Juice 4 oz.
Milk 8 oz.

Lunch includes:

- ✓ Entrée or PB&J Combo
(Sandwich (sun butter
available upon request),
Cheese Stick, WG Crackers)
- ✓ Fresh Fruit and Vegetables
- ✓ Choice of Milk :
1% White Milk, *Vanilla Soy
Milk or *Lactose Free Milk
(*when available)

If your student has a food allergy
You can request a food allergy form
from the office.

Meals Are Available
For all students at no charge.

Menus are subject to
change
Due to availability.

This institution is an
equal opportunity
provider