



# Diocese of Shreveport Child Nutrition Program Lunch Menu Cycle 2023-2024

*Check out the variety of main entrée menu options offered daily!*

*Charcuterie Boxes, better known as **LUNCHABLES**, and **CHEF SALADS** are offered daily as a complete meal, just grab a milk!*

**LUNCHABLES** for grades K-8<sup>th</sup> may include Pepperoni, Egg, Ham, Turkey, or Cheese along with Fresh Fruit, Veggies and Crackers.

<b>Char-Broiled Hamburger Chicken Nuggets Yogurt Cup w/ Graham Crackers</b>  Tater Tots Fresh Broccoli Florets Sweet Chilled Peaches Milk	<b>Spaghetti &amp; Meat Sauce Popcorn Chicken Yogurt Cup w/ Graham Crackers</b>  Fresh Baby Carrots Seasoned Green Beans Classic Applesauce Homemade Yeast Roll Milk	<b>Chicken &amp; Waffles w/ Syrup Mini Corn Dogs Yogurt Cup w/ Graham Crackers</b>  Hashbrown Potatoes Peas & Carrots Pineapple Tidbits Milk	<b>Pizza Hut Pizza Yogurt Cup w/ Graham Crackers</b>  Sweet Potato Soufflé Crisp Spring Salad Fresh Seasonal Fruit Rice & Gravy Milk	<b>Grilled Chicken Sandwich Fish Nuggets Yogurt Cup w/ Graham Crackers</b>  Red Beans & Rice Sweet Corn Sweet Chilled Pears Royal Brownie Milk
<b>Hot Dog w/Chili or Cheese Popcorn Chicken Yogurt Cup w/ Graham Crackers</b>  Sweet Buttered Carrots Oven Crisp French Fries Sweet Chilled Peaches Mac & Cheese Milk	<b>Fiesta Tacos Chicken Nuggets Yogurt Cup w/ Graham Crackers</b>  Sweet Corn Refried Beans Classic Applesauce Cinnamon Roll Milk	<b>Salisbury Steak w/Gravy Mini Corn Dogs Yogurt Cup w/ Graham Crackers</b>  Creamy Whipped Potatoes Sauteed Mixed Greens Fruit Cocktail w/ Jell-O Cornbread w/Syrup Milk	<b>Pizza Hut Pizza Yogurt Cup w/ Graham Crackers</b>  English Sweet Peas Fresh Cucumber Sticks w/ Ranch Dressing Fresh Seasonal Fruit Rice & Gravy Milk	<b>Grilled Cheese Sandwich or Fish Filet Sandwich Yogurt Cup w/ Graham Crackers</b>  Tomato Soup Fresh Broccoli Florets w/ Ranch Dressing Sweet Sliced Pears Milk
<b>Midway Corndog Chicken Nuggets Yogurt Cup w/ Graham Crackers</b>  Tater Tots Steamed Broccoli Sweet Chilled Peaches Sugar Cookie Milk	<b>Hamburger Mac &amp; Cheese Popcorn Chicken Yogurt Cup w/ Graham Crackers</b>  Fresh Baby Carrots Seasoned Green Beans Classic Applesauce Homemade Yeast Roll Milk	<b>French Toast &amp; Sausage w/ Syrup Mini Corn Dogs Yogurt Cup w/ Graham Crackers</b>  Hashbrown Potatoes Peas & Carrots Pineapple Tidbits Milk	<b>Pizza Hut Pizza Yogurt Cup w/ Graham Crackers</b>  Sweet Potato Soufflé Crisp Spring Salad Fresh Seasonal Fruit Rice & Gravy Milk	<b>Nachos, Chili &amp; Cheese Fish Sticks Yogurt Cup w/ Graham Crackers</b>  Best Baked Beans Oven Crisp French Fries Sweet Sliced Pears Mac & Cheese Milk

*Menus are subject to change based on delivery of products.*

Pre-K students receive one entre and all other items listed with portion sizes according to age. Students in grades K-8<sup>th</sup> 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.

### 2023-2024 Meal Prices

Student	\$3.50
Adult/Visitor	\$5.00

### 2<sup>nd</sup> 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.*

### Daily Options:

- **Fat Free condiments** may include: Ranch, Italian, Honey Mustard Dressings, and Ketchup.
- **Milk Choices** include: 1% 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.
- **Please sign up for FREE to monitor and maintain your child's meal account at [www.myschoolbucks.com](http://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/>**