



We Transform the World!

**CATHOLIC  
SCHOOLS**

THE ARCHDIOCESE OF GALVESTON-HOUSTON



**Child Nutrition Department: P: 713.391.2624**

Online Application: [www.schoolmealapp.com](http://www.schoolmealapp.com)

Online Account/Payment: [www.schoolmealapp.com](http://www.schoolmealapp.com)

**Reduce: .40¢ Paid: \$3.00**

**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

BURGER  
ROMAIN LETTUCE w/TOMATO  
FRENCH FRIES  
FRUIT OF THE DAY  
MILK VARIETY  
KETCHUP/MAYO/MUSTARD

2

TAMALES  
BLACK BEANS  
VEGGIE MIX  
FRUIT OF THE DAY  
MILK VARIETY  
SALSA

3

COWBOY SANDWICH  
SWEET POTATO FRIES  
PINTO BEANS  
FRUIT OF THE DAY  
MILK VARIETY  
KETCHUP/MAYO/MUSTARD

4

SPAGHETTI w/MEATBALLS  
CUCUMBERS  
FRUIT OF THE DAY  
MILK VARIETY  
RANCH

5

CHEESY PIZZA STICKS  
COOKIE  
CORN  
FRUIT OF THE DAY  
MILK VARIETY  
RANCH  
MARINARA SAUCE

6

OVEN BAKED CHICKEN  
ROLL  
MASHED POTATOES  
BROCCOLI  
FRUIT OF THE DAY  
MILK VARIETY  
RANCH/KETCHUP

9

NACHOS  
PINTO BEANS  
CUCUMBERS  
FRUIT OF THE DAY  
MILK VARIETY

10

CORN DOG  
CARROTS  
FRIES  
FRUIT OF THE DAY  
MILK VARIETY  
KETCHUP

11

CHICKEN WINGS  
SWEET POTATO FRIES  
CELERY  
FRUIT OF THE DAY  
MILK VARIETY  
KETCHUP

12

PIZZA  
COOKIE  
GREEN BEANS  
FRUIT OF THE DAY  
MILK VARIETY  
RANCH

13



BURGER  
ROMAIN LETTUCE w/TOMATO  
FRENCH FRIES  
FRUIT OF THE DAY  
MILK VARIETY  
KETCHUP/MAYO/MUSTARD

16

TAMALES  
BLACK BEANS  
VEGGIE MIX  
FRUIT OF THE DAY  
MILK VARIETY  
SALSA

17

COWBOY SANDWICH  
SWEET POTATO FRIES  
PINTO BEANS  
FRUIT OF THE DAY  
MILK VARIETY  
KETCHUP/MAYO/MUSTARD

18

SPAGHETTI w/MEATBALLS  
CUCUMBERS  
FRUIT OF THE DAY  
MILK VARIETY  
RANCH

19

CHEESY PIZZA STICKS  
COOKIE  
CORN  
FRUIT OF THE DAY  
MILK VARIETY  
RANCH  
MARINARA SAUCE

20

OVEN BAKED CHICKEN  
ROLL  
MASHED POTATOES  
BROCCOLI  
FRUIT OF THE DAY  
MILK VARIETY  
RANCH/KETCHUP

23

NACHOS  
PINTO BEANS  
CUCUMBERS  
FRUIT OF THE DAY  
MILK VARIETY

24

CORN DOG  
CARROTS  
FRIES  
FRUIT OF THE DAY  
MILK VARIETY  
KETCHUP

25

CHICKEN WINGS  
SWEET POTATO FRIES  
CELERY  
FRUIT OF THE DAY  
MILK VARIETY  
KETCHUP

26

PIZZA  
COOKIE  
GREEN BEANS  
FRUIT OF THE DAY  
MILK VARIETY  
RANCH

27



BURGER  
ROMAIN LETTUCE w/TOMATO  
FRENCH FRIES  
FRUIT OF THE DAY  
MILK VARIETY  
KETCHUP/MAYO/MUSTARD

30

TAMALES  
BLACK BEANS  
VEGGIE MIX  
FRUIT OF THE DAY  
MILK VARIETY  
SALSA

31



*Menus are subject to  
change without notice*

