

**St. John the Apostle
Catholic School**

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We proudly sponsor our own lunch program. Any concerns, please contact Mrs. Rodriguez at 305 888-6819



*Educating children in the faith, in Hialeah, since 1949!
The tradition continues!*



2022
LUNCH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Milk—Daily *Low fat milk *Fat Free Chocolate Milk			1	1 Hot Dog On Bun Baked Fries Three Beans Fruit/ Cup	2 Cheese Pizza Beets Green Beans- Bananas	3
4	5 No Classes	6 Chicken Sand- wich WW/Bun Lettuce Tomatoes Fruit/ Cup	7 Ground Meat Brown Rice Black Beans Plantains WW Roll Fruit/ cup	8 Hot Dog On Bun Sweet Potato Fries Broccoli Fruit/ Cup	9 Cheese Pizza Beets Three Bean Salad Apples	10
11	12 Cheeseburger on WW Bun Tomatoes Lettuce Fruit Cup	13 Chicken Nuggets Brown Rice Black Beans Cole slaw WW Roll Fruit Cup	14 Mac & Cheese Broccoli Corn Garlic Bred Oranges Early Dismissal	15 Hot Dog on WW Bun Green Beans Carrots Fruit / Cup	16 Cheese Pizza Beets Three Bean Salad Oranges	17
18	19 Chicken Sandwich WW/Bun Lettuce Tomatoes Fruit/ Cup	20 Corn Dog Bake Fries Cole slaw Oranges	21 Macaroni W/Meat Sauce Spinach Carrots Stuff Cheese Bread Fruit /Cup	22 Hot Dog on WW Bun Cole Slaw Baked Beans Fruit / Cup	23 Cheese Pizza Beets Three Bean Salad Pears	24
25	26 Cheeseburger on WW Bun Tomatoes Lettuce Fruit Cup	27 Arroz Primavera Broccoli Corn Corn Bread Oranges	28 Spaghetti Alfredo Broccoli Corn Garlic Bred Oranges	29 Hot Dog on WW Bun Green Beans Fruit / Cup	30 Cheese Pizza Beets Three Bean Salad Oranges	