

*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!*

Menu may change according to availability.



2022

LUNCH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Milk—Daily *Low fat milk *Fat Free Chocolate Milk	2 Cheeseburger W/Bun Lettuce Tomatoes Oranges	3 Meat Balls Brown Rice WW Roll Carrots Black Beans Fruit/ Cup	4 Spaghetti Alfredo Cheese Bread Spinach Corn Strawberry	5 Corn Dogs Cole Slaw Corn Apples	6 Cheese Pizza WW/ Crust Apples	7
8	9 Chicken Nuggets Baked Fries WW Roll Lettuce Tomatoes Apple Sauce	10 Ground Beef Brown Rice Black Beans WW Roll Vegetables Pears	11 Chicken Patty W/Bun Cole Slaw Tomatoes Water Melon	12 Hot Dog on WW Bun Broccoli Carrots Oranges	13 Cheese Pizza WW/ Crust Beets Green Beans Grapes	14
15	16 Ham & Cheese Sandwich Vegetables Pears	17 Meat Tacos Soft & Hard Brown Rice Lettuce and To- matoes Apple Sauce	18 Chicken Patty On WW/Bun Sweet Potato Fries Mix Veggies Grapes	19 Hot Dog on WW Bun Corn Cole Slaw Apple Sauce	20 Cheese Pizza WW/ Crust Vegetables Oranges	21
22	23 Chicken Nuggets Baked Fries Garlic Bread Carrot Oranges	24 Spaghetti Alfre- do WW Roll Spinach Carrots Apple	25 Arroz Primavera Corn Bread Mix Veggies Cole Slaw Strawberry	26 Corn Dogs Broccoli Corn Apples	27 No School	28
29	30 No School	31 Macaroni W/ Meat sauce Three bean Sal- ad Carrots Garlic Bread Grapes				