

# Welcome to our Lunch Cafe at... Holy Trinity Catholic School PreK-8

**March**  
2020

Monday	Tuesday	Wednesday	Thursday	Friday
2 Philly Cheese Steak 🍷 Green Beans Crispy Potato Puffs Corn & Pepper Salad And Diced Pear Cup Fresh Apple	3 Pulled Pork P BBQ Sauce Cole Slaw Sweet Potato Fries And Strawberry Cup Fresh Baby Carrots Fresh Orange	4 Beef Hot Dog on Bun Baked Beans And Sliced Peaches Confetti Garbanzo Bean Salad Fresh Banana	5 Meatball Sandwich 🍷 Sweet Potato Fries And Strawberry Cup Broccoli Bites Fresh Baby Carrots Fresh Orange	6 French Bread Pizza Steamed Broccoli And Applesauce Garden Salad Fresh Orange
9 Grilled Cheese Sandwich 🍷 Crispy Potato Puffs Corn & Pepper Salad And Diced Pear Cup Fresh Apple	10 Cheeseburger Sweet Potato Fries And Strawberry Cup Fresh Baby Carrots Fresh Orange	11 Whole Grain Pancakes with Sausage Syrup Crispy Potato Puffs Red Pepper Strips Diced Pear Cup Mixed Berry Cup	12 Crispy Popcorn Chicken Baked Beans Confetti Garbanzo Bean Salad And Sliced Peaches Fresh Banana	13 French Bread Pizza Steamed Broccoli And Applesauce Garden Salad Fresh Orange
16 Fluffy Whole Grain Waffles 🍷 Crispy Pork Sausage Links Crispy Potato Puffs Corn & Pepper Salad And Diced Pear Cup Fresh Apple Cucumber Coins Celery	17 Crispy Chicken Sandwich Sweet Potato Fries And Strawberry Cup Fresh Baby Carrots Fresh Orange	18 Chicken Corn Dog Onion Rings Fresh Melon Cup Grape Tomatoes Diced Pear Cup	19 Mozzarella Sticks 🍷 Spaghetti Sauce Steamed Carrots And Sliced Peaches Celery Sticks Fresh Banana	20 French Bread Pizza Steamed Broccoli And Applesauce Garden Salad Fresh Orange
23 Cheesy Stuffed Bread Sticks 🍷 With Spaghetti Sauce Crispy Potato Puffs And Diced Pear Cup Corn & Pepper Salad Cucumber Coins	24 Barbecue Rib Sandwich Sweet Potato Fries And Strawberry Cup Fresh Baby Carrots Fresh Orange	25 Bacon, Egg and Cheese Breakfast Sandwich P Crispy Potato Puffs Steamed Carrots Red Pepper Strips Diced Pear Cup	26 Crispy Popcorn Chicken With Whole Wheat Dinner Roll Green Beans And Sliced Peaches Cucumber Coins Fresh Banana	27 French Bread Pizza Steamed Broccoli And Applesauce Garden Salad Fresh Orange
30 Whole Grain French Toast 🍷 Crispy Pork Sausage Links Red Pepper Strips Fresh Apple Diced Pear Cup	31 Baked Chicken Tenders Fluffy Mashed Potatoes Green Beans And Strawberry Cup Fresh Baby Carrots Fresh Orange			



**MEATLESS MONDAY**

Our marketing and communications program encourage a healthy "Fooditude," that healthy attitude about food. Through creative menus and promotions, we strive to create a healthy fooditude that leaves students inspired to achieve all levels of success.



## HARVEST of the MONTH

Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.



**Lunch Prices**  
Full Price Lunch \$4.00  
Reduced Lunch \$0.40  
Adult Lunch \$4.50

Questions, comments?  
Contact Jennifer Syrowsky  
@ 203-924-1055

**Alternate Lunch Entree Available Daily:**  
**Bagel Fun Lunch:** Whole Grain Bagel with Cream Cheese, Low Fat Yogurt Cup and a Cheese Stick  
**Garden Salad:** Romaine, Tomato, Cucumber, Carrots, Cheddar Cheese, and Whole Wheat Dinner Rolls (2) with low fat dressing  
All Meals are served with a Fruit, Vegetable and Milk  
A variety of seasonal fresh fruits and vegetables are available daily



Made With Natural Ingredients



Pork



Smart Choice



Made With Organic Ingredients

\*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subject to change, notice posted when available. This institution is an equal opportunity provider.