



OUR LADY OF
GUADALUPE
CATHOLIC SCHOOL

SEPTEMBER LUNCH MENU

- Cost: Most lunches range in price from \$5.50 to \$6.50plus tax.
- All Entrees includes Fresh Fruit & Veggies.
- Place your order online by 6:00 am for the same days lunch.

Order online at www.blueplateseattle.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 Noon Dismissal	4 Bean & Cheese or Chicken & rice Burrito Crispy Beef Taco Chicken Strips Meatball Sub	5 Spaghetti w/Tom Sauce Meatball Calzone Whole Wheat Penne Toasted Ham & Cheese w/Tomato Soup	6 Pepperoni, Cheese - or - Hawaiian Pizza Breaded Fish Sand.
9 Pancake Breakfast Chicken Strips Baked Potato Natural Strips	10 Hamburger/Cheese Chicken Corn Dog Toasted Cheese Sand- wich & tomato soup Cheese or Chicken Quesadilla	11 Mac & Cheese Chicken Strips All Natural Chicken Strips Meatball Sub	12 Spaghetti w/Tom Sauce Meatball Calzone Whole Wheat Penne Toasted Ham & Cheese w/Tomato Soup	13 Pizza Lunch
16 Pancake Breakfast Chicken Strips Baked Potato Natural Strips	17 Teriyaki Chicken Cheese Calzone Chicken Corndog Cheese or Chicken Quesadilla	18 Bean & Cheese or Chicken & rice Burrito Crispy Beef Taco Chicken Strips Meatball Sub	19 Spaghetti w/Tom Sauce Meatball Calzone Whole Wheat Penne Toasted Ham & Cheese w/Tomato Soup	20 Pizza Lunch
23 Pancake Breakfast Chicken Strips Baked Potato Natural Strips	24 Hamburger/Cheese Chicken Corn Dog Toasted Cheese Sand- wich & tomato soup Cheese or Chicken Quesadilla	25 Mac & Cheese Chicken Strips All Natural Chicken Strips Meatball Sub	26 Spaghetti w/Tom Sauce Meatball Calzone Whole Wheat Penne Toasted Ham & Cheese w/Tomato Soup	27 Pizza Lunch
30 Pancake Breakfast Chicken Strips Baked Potato Natural Strips				

Fresh Fruit & Fresh Veggies are served with all Hot & Cold Entrees

Cold Entrees (available daily): Pizza Kit • Bagel Lunch • **Sub sandwiches:** Ham & Cheddar, Turkey & Provolone, Italian • **Salads:** Caesar, Chicken Caesar, BLT, Italian Chop

Ala Carte Items: Smoothies (fruit, yogurt, juice), Garlic Bread, Cookies, meatballs & meat sauce on Thursday.

All Natural Meats: Hamburgers, Beef taco, Meatballs, All natural gluten free chicken strips, salami.

Gluten Free: All Natural gluten free chicken strips, Teriyaki Chicken (w/ no sauce), Cheese or Pepperoni Pizza, Baked potato, beef tacos.