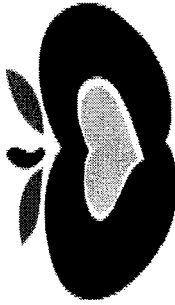


# SEPTEMBER MENU

## ST. AMBROSE ACADEMY



Monday 9/12/22		Tuesday 9/13/22		Wednesday 9/14/22		Thursday 9/15/22		Friday 9/16/22	
<i>Beef Stew</i>		<i>Goulash</i>		<i>BBQ Chicken Thighs</i>		<i>Meatball Sandwich</i>		<i>Cheesy-Beef-N-Hash</i>	
WG Biscuit	Turkey Meat			WG Roll & Cheese-Its		WG Bun		WG Roll	
Educational Snacks	WG Pasta			Baked Beans		Corn & Spinach		Home Fries	
Fresh Fruit	Fresh Fruit			Fresh Fruit		Fresh Fruit		Fresh Fruit	
<i>1% White or Low Fat Chocolate</i>	<i>1% White or Low Fat Chocolate</i>			<i>1% White or Low Fat Chocolate</i>		<i>1% White or Low Fat Chocolate</i>		<i>1% White or Low Fat Chocolate</i>	
Monday 9/19/22		Tuesday 9/20/22		Wednesday 9/21/22		Thursday 9/22/22		Friday 9/23/22	
<i>Smothered Steakburger</i>		<i>Cheeseburger Sliders</i>		<i>Orange Chicken</i>		<i>Buffalo Chicken Mac &amp; Cheese</i>		<i>Braised Chicken Thighs</i>	
WG Bun	WG Bun & Home Fries			Brown Rice & Goldfish Pretzels		Broccoli		Spanish Rice & Beans	
Fresh Fruit	Fresh Fruit			Fresh Fruit		Fresh Fruit		Fresh Fruit	
<i>1% White or Low Fat Chocolate</i>	<i>1% White or Low Fat Chocolate</i>			<i>1% White or Low Fat Chocolate</i>		<i>1% White or Low Fat Chocolate</i>		<i>1% White or Low Fat Chocolate</i>	
Monday 9/26/22		Tuesday 9/27/22		Wednesday 9/28/22		Thursday 9/29/22		Friday 9/30/22	
<i>Hearty Chicken &amp; Potato Stew</i>		<i>Pulled BBQ Beef</i>		<i>Mac &amp; Cheese Special</i>		<i>Meatball Stroganoff</i>		<i>Southern Style Sausage &amp; Gravy</i>	
WG Biscuit	WG Roll & Corn			WG Cheez-its		WG Goldfish Crackers		Sweet Potato Hash	
Fresh Fruit	Fresh Fruit			Fresh Fruit		Fresh Fruit		Fresh Fruit	
<i>1% White or Low Fat Chocolate</i>	<i>1% White or Low Fat Chocolate</i>			<i>1% White or Low Fat Chocolate</i>		<i>1% White or Low Fat Chocolate</i>		<i>1% White or Low Fat Chocolate</i>	



St. Ambrose Academy is an equal opportunity provider and employer.

Please Return To School

**Please Note Due To Supply Chain Issues Menus Are Subject To Change**

**September Lunch MENU**

*DATE DUE: September 12, 2022*

**\* All Lunch MUST be Pre-Ordered**

Students Name: \_\_\_\_\_ Milk choice : \_\_\_\_\_ 1 % White milk

Grade \_\_\_\_\_ Fat Free Chocolate milk

Milk Is Included With Lunch

Total # of Lunches Ordered: \_\_\_\_\_

**No Payment Is Required For Lunch This Year**

**If Only Ordering Milk Please Order Below**

Milk Only 18 days

\$9.00 (\$ .50 Per. Milk)

Total # of Milk Only Ordered: \_\_\_\_\_

**PLEASE HELP US!**

**EVERYONE WANTING A LUNCH MUST TURN IN AN ORDER**

**IF YOU DO NOT PRE-ORDER YOUR CHILD MAY NOT RECEIVE A LUNCH**

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