




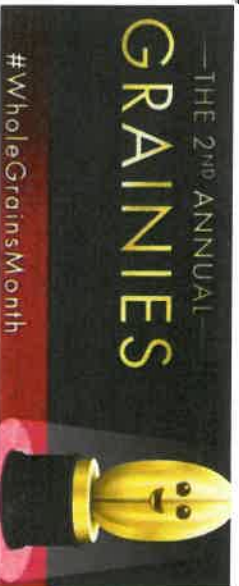
Wauwatosa Catholic School  
1500 Wauwatosa Avenue  
Wauwatosa, WI 53213



# September 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MILK FOR SCHOOL:</b> <b>SKIM WHITE</b> <b>LOW FAT WHITE</b> <b>SKIM CHOCOLATE</b>				
MENU SUBJECT TO CHANGE This institution is an equal opportunity provider.				
<b>6 NO SCHOOL / MCFI CLOSED</b> 	<b>7</b> Orange Chicken over WG Brown Rice Assorted Graham Cracker Baby Carrots with Ranch Seasonal Fruit Choice of Milk	<b>8</b> Hamburger on WG Bun Ketchup Packet Steamed Mixed Vegetables Seasonal Fruit Choice of Milk	<b>9</b> Chicken Fajita on WG Tortilla Taco Sauce Packet Assorted Graham Cracker Steamed Corn Seasonal Fruit Choice of Milk	<b>10</b> WG Cheese Pizza Sticks (2) with Marinara Dipping Sauce Romaine Salad with Salad Dressing Seasonal Fruit Choice of Milk
<b>13</b> Chicken Nachos with WG Tortilla Chips, Shredded Cheese, Shredded Lettuce and Salsa Cup Patterson Orchard Fresh Apple Choice of Milk	<b>14</b> Baked Chicken Leg WG Combread with Honey Packet Vegetarian Baked Beans Seasonal Fruit Choice of Milk	<b>15</b> Turkey and Cheese Sub on WG Roll Mayo Packet Baby Carrots with Ranch Seasonal Fruit Choice of Milk WG Rice Krispies Treat	<b>16</b> Turkey Hot Dog on WG Bun Ketchup Packet (2) McCain Roasted Potatoes Seasonal Fruit Choice of Milk	<b>17</b> Domino's Cheese Pizza Crunchy Broccoli with Ranch Seasonal Fruit Choice of Milk
<b>20</b> Brunch for Lunch Glazed French Toast (1) Jones Chicken Breakfast Sausage (1) Sunset Sip Juice Seasonal Fruit Choice of Milk	<b>21</b> WG Beef and Cheese Burrito Taco Sauce Packet Ranchero Beans Seasonal Fruit Choice of Milk	<b>22</b> Chicken and Gravy over WG Brown Rice Crunchy Broccoli with Ranch Seasonal Fruit Choice of Milk	<b>23</b> WG Chicken Patty on WG Bun Mayo Packet Steamed Corn Seasonal Fruit Choice of Milk	<b>24</b> WG Meat Calzone Marinara Sauce Cup Baby Carrots Seasonal Fruit Choice of Milk
<b>27</b> Teriyaki Chicken over WG Brown Rice Baby Carrots with Ranch Seasonal Fruit Choice of Milk	<b>28</b> BBQ Chicken Sandwich on WG Bun Steamed Mixed Vegetables Seasonal Fruit Choice of Milk	<b>29</b> <b>WORLD SCHOOL MILK DAY</b> Homemade Beef and Bean Chili with Shredded Cheese and Noodles Whole Grain Cornbread Seasonal Fruit Choice of Milk 	<b>30</b> WG Cheese Pizza Sticks (2) Marinara Sauce Cup Baby Carrots Seasonal Fruit Choice of Milk	

 = Local Items



Every September, we celebrate the goodness of whole grains! The annual Whole Grains Month campaign brings whole grain recipes, health information, cooking tips, and much more to people around the world. Whole Grains Month is a great time for everyone to get on the whole grains bandwagon. Eating better is not an all-or-nothing choice. Every little improvement you make in your food helps—all year long.  
Source: wholegrainscouncil.org



For more recipes and more ideas, click the QR Code!