

# The Catholic Academy of Stamford Upper School Lunch Menu

Monday


Tuesday

Wednesday

Thursday

Friday

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2 	3 <b>Chicken Tenders</b> Honey mustard or bbq sauces sweet or regular fries	4 <b>Pasta with</b> marinara or meat sauce	5 <b>Wings - plain/buffalo</b> with sweet or regular fries	6 <b>Chicken Alfredo</b> with noodles
9 <b>Quesadilla</b> Chicken or Cheese with rice, sour cream & Salsa	10 <b>Calzone</b> with marinara sauce	11 <b>Pasta with</b> vodka sauce	12 <b>Chicken Cutlet</b> bacon, honey mustard and cheddar cheese on a roll	13 <b>Pizza</b> cheese, pepperoni or peppers & onions
16 <b>Chicken Pot Pie</b>	17 <b>Buritto</b> with rice, black beans and corn	18 <b>Pasta with</b> alfredo	19 <b>Meatball Parm</b> on a roll	20 Pizza cheese, pepperoni or peppers & onions
23 <b>Mozzarella Sticks</b> with marinara sauce	24 <b>Chicken Tenders</b> Honey mustard or bbq sauces sweet or regular fries	25 <b>Pasta with</b> marinara or meat sauce	26 <b>Wings - plain/buffalo</b> with sweet or regular fries	27 Pizza cheese, pepperoni or peppers & onions
30 <b>Quesadilla</b> Chicken or Cheese with rice, sour cream & Salsa	Mon. & Wed. - Burgers, Hot Dogs, Tue. & Thurs. - Chicken cutlet, grilled chicken sandwiches <b>Daily -</b> salad bar, turkey, cheese, lettuce & tomato / ham, cheese, lettuce & totmato chicken salad, tuna salad			

Fruits



Pretzels



Yogurt



Serving Hot and Iced Coffee  
Regular, French Vanilla and Hazelnut

Serving Breakfast:  
pancakes, french toast, egg sandwich