



Our Lady of Fatima
Lunch Menu
August 26-

Daily lunch \$3.30, additional or non-buyer Milk \$.50
Payments can be made by cash or check (payable to OLOF cafeteria)
You may pay daily or in advance. All \$ is held in family accounts
and are able to be viewed in Option C. Any questions can be directed to
olofcafe@hotmail.com, Missy Aleksiejczyk

Monday, Sept. 7	Tuesday, Sept. 8	Wednesday, Sept 9	Thursday, Sept 10	Friday, Sept 11	<i>Daily Alternates</i>
No School Labor Day	Nachos Meat & Cheese Rice Corn Pineapple	Hamburger or Cheeseburger French Fries Broccoli Peaches	Pasta** Garlic bread Green beans Pears	French Toast sticks Egg, Sausage Hash browns Mixed fruit	<i>Wow Peanut-free PB & J String Cheese</i>
Monday, Sept 14	Tuesday, Sept. 15	Wednesday, Sept. 16	Thursday, Sept. 17	Friday, Sept 18	<i>Or</i>
Chicken Nuggets French Fries Carrots Apples	Soft Beef Taco Rice Corn Pineapple	Mini Corn dogs Mac & Cheese Broccoli Peaches	Pizza Buttered Noodles Green Beans Pears	Pancakes Egg, Sausage Hash Browns Mixed Fruit	<i>Grilled Cheese Tomato Soup</i>
Monday, Sept. 21	Tuesday, Sept. 22	Wednesday, Sept. 23	Thursday, Sept 24	Friday, Sept. 25	
Fish Sticks French Fries Carrots Apples	Soft Chicken Taco Rice Corn Pineapple	Fried Chicken Mashed Potatoes Gravy Broccoli Peaches	Pasta & Meatballs Garlic Bread Green Beans Pears	Waffles Egg, Sausage Hash browns Mixed Fruit	

** September 10th will be a Harvest of the Month Recipe. A copy is on the back of the menu.



Harvest of the Month is: Tomatoes

DID YOU KNOW :

TOMATOES ARE RED BECAUSE OF THE LYCOPENE. LYCOPENE IS A STRONG ANTIOXIDANT THAT CAN HELP PROTECT YOU AGAINST SOME TYPES OF CANCER.

Family Style- Pasta With Fresh Tomatoes & Spinach

Makes Six (6), 1 Cup Servings

Preparation Time: 15 minutes. Cooking Time: 20 minutes.

2 $\frac{3}{4}$ cups – Penne pasta, whole-wheat, dry (11 oz)

2 $\frac{1}{4}$ cups – Fresh grape tomatoes, halved

$\frac{3}{4}$ teaspoon – Sea salt

1 tablespoon – Fresh garlic, minced

2 cups – Low-sodium vegetable broth

1 $\frac{1}{2}$ tablespoons – Extra virgin olive oil

1 $\frac{1}{2}$ teaspoons – Dried basil

$\frac{1}{4}$ teaspoon – Ground black pepper

3 tablespoons – Whole-wheat flour

4 cups – Fresh Spinach, stems removed, chopped

In a large pot, bring 2 quarts water to a boil. Gradually stir in pasta and return to a boil. Cook uncovered for about 8-10 minutes until tender. Do not overcook. Drain well.

Heat olive oil in a large skillet over medium heat. Add half of tomatoes and cook 2-3 minutes until skins soften. Do not overcook. Reserve remaining tomatoes. Add basil, salt, pepper, and garlic. Stir.

Sprinkle flour over tomatoes. Cook for 30 seconds over medium heat until mixture becomes thick. Add vegetable broth. Bring to a boil and then immediately reduce to low heat.

Add Spinach and remaining tomatoes. Simmer uncovered over low heat for 1-2 minutes or until Spinach is wilted. Pour over pasta. Serve hot.