



# Saints Peter and Paul Lunch Menu

# DECEMBER

# 2017



Menu is subject to change. "This institution is an equal opportunity provider and employer"

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Prepayment Available</b>  <b>Make Checks out to Saints Peter and Paul School</b>				<sup>1</sup> Cheese or Pep Pizza Or Hamburger on WG Roll ----- Broccoli Carrots ¾ c
<sup>4</sup> Chicken Nuggets with Rice Or Pizza Bagel ----- Hash Brown Potatoes Sweet Potato Bake	<sup>5</sup> Pancakes & Sausage Or Pizza Pocket ----- Corn Niblet Romaine Salad 1c=1/2c	<sup>6</sup> Rotini with Meat Sauce Or Hot Dog on WG Roll ----- Broccoli Crowns Baby Carrots	<sup>7</sup> Taco in Bag Or Baked Potato ----- Green Beans BBQ Baked Beans	<sup>8</sup> Cheese or Pep Pizza Or or Mac & Cheese with Tostitos ----- Cauliflower Mixed Vegetable
<sup>11</sup> Seasoned Noodles w/Sausage Or Cheeseburger on WG Roll ----- Romaine Salad 1c=1/2c BBQ Baked Beans	<sup>12</sup> Taco Or Toasted Cheese with Tomato Soup ----- Green Beans Sweet Potato Bake	<sup>13</sup> French Toast with Sausage Or Chicken Quesadilla ----- Hash Browns Carrot Coins	<sup>14</sup> Chicken & Gravy Over Biscuit Or Hot Dog on WG Roll ----- Tender Corn Bites Broccoli	<sup>15</sup> <b>1/2 DAY</b>  <b>NO LUNCH</b>
<sup>18</sup> Chicken Finger Sub Or Pizza Pocket ----- Cut Green Beans Broccoli	<sup>19</sup> Toasted Cheese Or Nacho Grande with Rice ----- Romaine Salad 1c=1/2c Corn Niblets	<sup>20</sup> Seasoned Noodles with Sausage Or Hot Dog on WG Roll ----- Baked Beans Sweet Peas	<sup>21</sup> Cheese or Pep Pizza Or Bacon Cheeseburger ----- Tator Tots Carrot Coins 3/4 c	<sup>22</sup> <b>NO STUDENT ATTENDANCE!</b>
<sup>25</sup> <b>MERRY CHRISTMAS!</b>	<sup>26</sup> 	<sup>27</sup> <b>NO STUDENT ATTENDANCE</b>	<sup>28</sup> <b>NO STUDENT ATTENDANCE</b>	<sup>29</sup> 

## Lunch Fact

My Plate

recommends:

Choose vegetables rich in color! Brighten your plate with vegetables that are red, orange, or dark green. They not only taste great but also are good for you, too. Reference: USDA. MyPlate.gov. Internet: <http://www.myplate.gov/>.



### Offered Daily With all School Lunches:

Fresh Fruit (Served by the piece)  
Or Prepared Fruit (1/2 cup)  
Vegetables (served by 1/2c portions unless otherwise noted)

**(Must take ½ cup of Fruit or Veggies)**  
(May take 1 cup)

Non or Low Fat White or Non Fat Chocolate Milk Available Daily (8oz)

### We Serve the Following Items Daily

Yogurt Parfait w/Pita (2m, 2g)

Toasted Cheese Sandwich (2m,2g)

Julienne Salad w/ Pita (2m, 2g)

Pizza with or Without Pepperoni (2m2g)

**Lunch Price \$2.95**

### **Start with a:**

- Vegetable
- Fruit (or take both)
- Choose whole grains
- Pick a lean protein
- Add serving of milk

**Take at least 3**