



# Saints Peter and Paul Lunch Menu

# December

# 2016



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

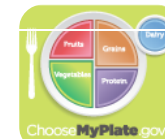
Monday	Tuesday	Wednesday	Thursday	Friday
			1 Roast Chicken Or Seasoned Noodles ----- Carrot Coins Green Beans	2 Cheese or Pep Pizza Or Tuna Sub Or Cheeseburger ----- Corn Broccoli Heads
5 Chicken Nuggets Or Flatbread Pizza ----- Golden Corn Mixed Vegetables	6 BBQ Pulled Pork Sand Or Nacho Grande with Tostitos ----- Broccoli BBQ Baked Beans	7 Sweet & Sour Chicken with Rice Or Seasoned Noodles ----- Sweet Potato Bake Tiny Peas	8 French Toast Sticks with Sausage Or Hot Dog on WG Roll ----- Hash Browns Carrot Coins	9 Cheese or Pep Pizza Or Tuna Sub or Fish Sticks with Dinner Roll ----- Green Beans Romaine Salad
12 Cheese or Pep Pizza Or Bacon Burger on WG Roll ----- Hash Browns Italian Spinach	13 Chicken Finger Sub Or Pancakes with Ham ----- Cauliflower Carrot Coins	14 Spaghetti w/Meatballs Or Hot Dog on WG Roll ----- Romaine Salad Broccoli Spears	15 Taco in Bag/Dorito Chips Or Toasted Cheese Sandwich ----- Corn Sweet Potatoes	16  <b>1/2 Day!</b>  NO LUNCH
19 French Toast Sticks with Sausage or Pizza Bagel ----- Potato Rounds Sweet Peas	20 Chicken & Gravy/Biscuit Or Hot Dog on WG Roll ----- Carrot Coins Baked Bean Casserole	21 Seasoned Noodles Or Roast Chicken ----- Tiny Peas Mashed Potatoes	22  <b>No School</b>	23  <b>No School</b>
26	27	28 	29	30  <i>Prepayment Available</i>  <i>Make Checks out to Saints Peter and Paul School</i>

## 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/>.



### We serve the following Items

#### Daily

#### Pizza

#### Yogurt Parfait w Roll & Crackers

#### Julienne Salad w Roll & Crackers

#### Toasted Cheese Sandwich

Lunch Price \$2.70

*We offer fresh or prepared  
fruits and vegetables daily.*

*(Must take a serving of Fruit or  
Veggies)*

**Offered Daily:**  
Non or Low Fat White or  
Non Fat Chocolate Milk  
Ham Subs offered on Mondays  
and Wednesdays  
Chicken Salad Sandwich offered  
on Tuesdays & Thursdays

**Start with a:**

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

**Take at least 3**