

Saints Peter and Paul Lunch Menu

February

2018



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

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Mac & Cheese with Tostitos OR Hamburger on WG Roll ----- Carrot Coins Green Beans	2 Cheese or Pep Pizza Or Fish Sticks with Seasoned Noodles ----- Corn Sweet Potato Bake
5 Pancakes with Sausage Or Bacon Burger on WG Roll ----- Hash Brown Potato Mixed Vegetables	6 Taco in a Bag w/Rice Or Toasted Cheese Sandwich With Tomato Soup ----- Golden Corn Tiny Peas	7 Roasted Chicken with Rice Or Hot Dog on aWG Roll ----- Romaine Salad 1c=1/2c BBQ Baked Beans	8 Spaghetti W/ Meatballs and Roll Or Chicken Patty on Roll ----- Broccoli Crowns Carrot Coins	9 Cheese or Pep Pizza Or Fish Sticks w/Seasoned Noodles ----- Green Beans Sweet Potato Bake
12 Chicken Finger Sub Or 8" Pizza Pocket ----- Potato Rounds Broccoli Crowns	13 Pulled Pork Sandwich Or Hot Dog on WG Roll ----- Green Beans BBQ Baked Beans	14 Chicken & Biscuit Or Cheeseburger on Roll ----- Romaine Salad 1c=-1/2c Carrot Coins	15 Nachos with Rice Or Toasted Cheese Sand and Tomato Soup ----- Corn Sweet Potatoes	16 Cheese or Pep Pizza Or Mac & Cheese w/Tostitos ----- Cauliflower Mixed Vegetables
19 PRESIDENTS' DAY!! 	20 No Student Attendance MID	21 No Student Attendance WINTER	22 No Student Attendance RECESS	23 No Student Attendance 
26 French Toast Sticks w/Sausage Or Hamburger on WG Roll ----- BBQ Beans Hash Brown Potato	27 Pizza Bagel Or Hot Dog on WG Roll ----- Sweet Corn Broccoli Spears	28 Pulled Pork Sandwich Or Mac & Cheese with Tostitos ----- Cole Slaw Romaine Salad 1C-1/2C		Prepayment Available Make Checks out to Saints Peter and Paul School

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 1/2 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 with 1/2Pita (2m, 2g)

Toasted Cheese Sandwich (2m,2g)

Julienne Salad with 1/2 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