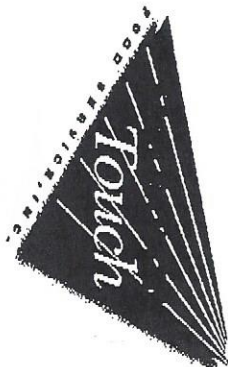


# Saints Peter and Paul

## Lunch Menu

# January

## 2017



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

Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>Happy New Year!</b>	3 Pancakes with Ham Or Cheeseburger on Roll Hash Brown Potato BBQ Baked Beans	4 Roasted Chicken with Corn Muffin Or Spaghetti with Meatballs and Dinner Roll Mashed Potatoes Romaine Salad 1c=1/2c	5 Chicken Quesadilla Or Chicken Nuggets with Rice Carrot Coins Green Beans	6 Cheese or Pep Pizza Or Tuna Sub Or Fish Sticks with Dinner Roll Corn Sweet Potato Bake
9 French Toast with Sausage Or Bacon Burger on Roll Hash Brown Potato Mixed Vegetables	10 Taco in a Bag w/Rice Or Toasted Cheese Sandwich with Tomato Soup Golden Corn Tiny Peas	11 Spaghetti with Meat Sauce and Roll Or Hot Dog on a Roll Romaine Salad 1c=1/2c BBQ Baked Beans	12 Flatbread Pizza Or Chicken Finger Sub Broccoli Crowns Carrot Coins	13 Cheese or Pep Pizza Or Tuna Sub or Mac & Cheese with Tostitos Green Beans Sweet Potato Bake
16 <b>Martin Luther King Jr. Day!</b>	17 Pizza Bagel Or Hot Dog on a Roll Cauliflower Carrot Coins	18 Chicken & Biscuit Or Toasted Cheese Sandwich w/ Tomato Soup Romaine Salad 1c=1/2c Broccoli Spears	19 Pulled Pork Sandwich Or Mac & Cheese with Tostitos Corn Sweet Potatoes	20 Cheese or Pep Pizza Or Tuna Sub Or Turkey Sub Green Beans Vegetarian Beans
23 Chicken Nuggets with Seasoned Noodles Or Flatbread Pizza Sweet Potato Bake Broccoli Crowns	24 Roast Chicken w/ Rice Or Spaghetti w/ Meatballs and Dinner Roll Green Beans Carrot Coins	25 Nacho Grande with Rice Or Toasted Cheese Sandwich with Tomato Soup Tiny Peas Corn Nibblers	26 Pasta Bake with Meat Sauce and Dinner Roll Or Hot Dog on Roll Romaine Salad 1c=1/2c Baked Beans	27 Cheese or Pep Pizza Or Tuna Sandwich Or Fish Stick w/Dinner Roll Mixed Vegetables Seasoned Cauliflower
30 Chicken Party on Roll Or Cheeseburger BBQ Beans Potato Rounds	31 8" Taco w/Lettuce Or Toasted Cheese Sandwich w/Tomato Soup Sweet Corn Broccoli Spears			

### 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 1/2 portions unless otherwise noted)

(Must take  $\frac{1}{2}$  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 w/Roll (2m, 1.5g)

Toasted Cheese Sandwich (2m, 2g)

Julienne Salad w Roll (2m, 1.5g)

Pizza with or Without Pepperoni (2m, 2g)

**Lunch Price \$2.70**

### Start with a:

• Vegetable

• Fruit (or take both)

• Choose whole grains

• Pick a lean protein

• Add serving of milk

**Take at least 3**

Prepayment Available

Make Checks out to Saints Peter and Paul School