

Saints Peter and Paul Lunch Menu

JANUARY

2019



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

Monday	Tuesday	Wednesday	Thursday	Friday
Prepayment Available Make Checks out to Saints Peter and Paul School	NO ATTENDANCE! 	Chicken Nuggets Or Cheeseburger on Roll ----- Baked Beans	Seasoned Noodles Or Hot Dog on Roll ----- Carrot Coins	Cheese or Pepperoni Pizza Or Chicken Patty on Roll ----- Romaine Salad 1c=1/2C
French Toast Sticks with Sausage Or Bacon Burger on Roll ----- Hash Brown Potatoes	Nacho Grande with Rice Or Toasted Cheese and Tomato Soup ----- BBQ Baked Beans	Breakfast Pizza Egg or Bacon Or Chicken Finger Sub ----- Corn Niblets	Spaghetti & Meatballs or Hot Dog on Roll ----- Romaine Salad 1 c=1/2c	Cheese or Pep Pizza Or Fish Sticks with Tostitos ----- Carrot Coins
Mac & Cheese with Tostitos Or Pizza Sub ----- Sweet Potato Bake	Pancakes with Sausage Or Hamburger on Roll ----- Hash Brown Potato	Rotini with Meat Sauce Or Hot Dog on Roll ----- Green Beans	Taco in a Bag Or Baked Potato with Toppings ----- Romaine Salad 1c=1/2c	Early Dismissal No Lunches
Martin Luther King Jr. Day No Student Attendance	Roasted Chicken with Mashed Potatoes Or Chicken Patty on Roll ----- Tender Corn Bites	8" Chicken Quesadilla Or Mac & Cheese with Tostitos ----- BBQ Baked Beans	Spaghetti & Meatballs or Hot Dog on Roll ----- Broccoli	Cheese or Pep Pizza Or Hamburger on Roll ----- Carrot Coins
French Toast with Sausage Or 8" Pizza Pocket ----- Hash Brown Potato	BBQ Pulled Pork on Roll Or Seasoned Noodles ----- Romaine Salad 1c=1/2c	Chicken & Biscuit Or Hot Dog on Roll ----- BBQ Baked Beans	8" Tacos Or Toasted Cheese with Tomato Soup ----- Broccoli Crowns	

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 3/4c 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 \$3.00

Start with a:

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

Take at least 3