


Saints Peter and Paul Lunch Menu

JANUARY

2018



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

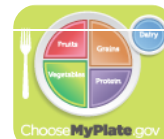
| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--|
| 1  | 2 French Toast Sticks with Sausage Or Pizza Pocket ----- Hash Brown Potatoes Green Beans | 3 Seasoned Noodles with Or Hot Dog on WG Roll ----- Baked Beans Corn Niblets | 4 Chicken Nuggets with Seasoned Noodles Or Toasted Cheese with Tomato Soup ----- Romaine Salad 1c=1/2c Sweet Potato Bake | 5 Cheese or Pep Pizza Or Fish Sticks ----- Broccoli Carrots ¾ c |
| 8 Bacon Burger Or Mac & Cheese with Tostitos ----- BBQ Baked Beans Sweet Potato Bake | 9 Chicken & Cheese Quesadilla Or Pancakes with Sausage ----- Hash Brown Potato Romaine Salad 1c=1/2c | 10 Rotini with Meat Sauce Or Toasted Cheese with Tomato Soup ----- Broccoli Crowns Baby Carrots | 11 Nacho Grande with Rice Or Baked Potato ----- Green Beans Corn Niblets | 12 Cheese or Pep Pizza Or Hot Dog on WG Roll ----- Cauliflower Mixed Vegetable |
| 15 No Student Attendance Martin Luther King Jr. Day! | 16 Seasoned Noodles Or Cheeseburger on WG Roll ----- Green Beans Sweet Potato Bake | 17 Taco in a Bag Or Toasted Cheese with Tomato Soup ----- Hash Browns Carrot Coins | 18 Salisbury Steak with Noodles Or Hot Dog on WG Roll ----- Tender Corn Bites Broccoli | 19 Cheese or Pep Pizza Or Fish Sticks ----- Romaine Salad 1c=1/2c Tiny Peas |
| 22 Chicken Finger Sub Or Hamburger on WG Roll ----- Cut Green Beans Broccoli | 23 Roast Chicken Or Hot Dog on WG Roll ----- Romaine Salad 1c=1/2c Corn Niblets | 24 French Toast Sticks with Sausage Or Pizza Pocket ----- Tator Tots Sweet Peas | 25 Spaghetti with Meatballs Or Toasted Cheese with Tomato Soup ----- BBQ Beans Carrot Coins 3/4 c | 26 Cheese or Pep Pizza Or Mac & Cheese with Tostitos ----- Sweet Potato Bake Cauliflower |
| 29 Chicken Nuggets with Seasoned Noodles Or Bacon Burger ----- Vegetarian Baked Beans Carrot Coins | 30 Rotini with Meat Sauce Or Hot Dog on WG Roll ----- Romaine Salad 1c=1/2c Green Beans | 31 Nacho Grande with Rice Or Toasted Cheese with Tomato Soup ----- Tender Corn Tomato Slices | | 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 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 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