




Saints Peter and Paul Lunch Menu

JUNE

2018



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

Monday	Tuesday	Wednesday	Thursday	Friday
 Summer Food Programs are Available at Select Sites	Visit the following web site for a list of locations. http://www.fns.usda.gov/summerfoodrocks			1 Cheese or Pep Pizza Or Fish Sticks with Tostitos ----- Green Beans Sweet Peas
4 Hot Dog on Roll Or Bacon Burger ----- Potato Rounds Mixed Vegetables	5 Tacos Or Toasted Cheese with Tomato Soup ----- Carrot Bites BBQ Baked Beans	6 Roasted Chicken Or Seasoned Noodles With Sausage ----- Romaine Salad 1c=1/2c Tiny Pea	7 Rotini with Meat Sauce Or Chicken Quesadilla ----- Broccoli Crowns Golden Corn	8 Cheese or Pep Pizza Or BBQ Pulled Pork Sandwich ----- Green Beans Sweet Potato Bake
11 Mac & Cheese with Tostitos Or Hamburger ----- Green Beans BBQ Baked Beans	12 Nacho Grande with Rice Or Toasted Cheese with Tomato Soup ----- Corn Bites Broccoli Crowns	13 Cheese or Pep Pizza Or Hot Dog on Roll ----- Romaine Salad 1c=1/2c Mixed Vegetable	14	15
18	19	20	21	22
25 	26	27 HAPPY SUMMER!	28	29 

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 1/2 Pita (2m, 2g)

Toasted Cheese Sandwich (2m, 2g)

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

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

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