


Saints Peter and Paul Lunch Menu

March

2017



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

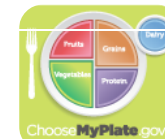
Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Prepayment Available</i></p> <p><i>Make Checks out to Saints Peter and Paul School</i></p>		<p>1</p> <p>Mac & Cheese with Tostitos Or Grilled Cheese with Tomato Soup</p> <p>-----</p> <p>Cauliflower</p> <p>Romaine Salad 1C=1/2C</p>	<p>2</p> <p>Taco in a Bag w/R;ice Or Pulled Pork Sandwich</p> <p>-----</p> <p>Corn Niblets</p> <p>Sweet Potato Bake</p>	<p>3</p> <p>Cheese or Pep Pizza Or Tuna Sub Or Fish Sticks with Dinner Roll</p> <p>-----</p> <p>Carrot Coins</p> <p>Green Beans</p>
<p>6</p> <p>Pancakes with Ham Or Pizza Bagel</p> <p>-----</p> <p>Hash Brown Potato</p> <p>Mixed Vegetables</p>	<p>7</p> <p>Spaghetti w/Meatballs Or Toasted Cheese Sandwich with Tomato Soup</p> <p>-----</p> <p>Green Beans</p> <p>Romaine Salad 1c=1/2c</p>	<p>8</p> <p>Chicken Nuggets with Rice Or Chicken Quesadilla</p> <p>-----</p> <p>Seasoned Tomatoes</p> <p>Carrot Coins</p>	<p>9</p> <p>Cheeseburger Or Hot Dog</p> <p>-----</p> <p>Tender Corn Niblets</p> <p>BBQ Baked Beans</p>	<p>10</p> <p>Cheese or Pep Pizza Or Tuna Sub or Mac & Cheese with Tostitos</p> <p>-----</p> <p>Broccoli</p> <p>Sweet Potato Bake</p>
<p>13</p> <p>Chicken Patty on Roll Or Bacon Cheeseburger</p> <p>-----</p> <p>Potato Rounds</p> <p>Broccoli Crowns</p>	<p>14</p> <p>Chicken & Gravy Over Biscuit Or Hot Dog on a Roll</p> <p>-----</p> <p>Green Beans</p> <p>BBQ Baked Beans</p>	<p>15</p> <p>Nacho Grande w/ Rice Or Toasted Cheese with Tomato Soup</p> <p>-----</p> <p>Romaine Salad 1c=-1/2c</p> <p>Carrot Coins</p>	<p>16</p> <p>French Toast with Sausage Or Pulled Pork Sandwich</p> <p>-----</p> <p>Corn</p> <p>Sweet Potatoes</p>	<p>17</p> <p>NO SCHOOL!!</p> 
<p>20</p> <p>Chicken Finger Sub Or Hamburger on Roll</p> <p>-----</p> <p>BBQ Baked Beans</p> <p>Green Beans</p>	<p>21</p> <p>Pasta Bake w/Meat Sauce Or Hot Dog on Roll</p> <p>-----</p> <p>Romaine Salad 1c=1/2c</p> <p>Peas & Carrots</p>	<p>22</p> <p>Taco in a Bag w/Rice Or Sweet & Sour Chicken w/Rice</p> <p>-----</p> <p>Tender Corn</p> <p>Glazed Carrots</p>	<p>23</p> <p>Roasted Chicken with Garlic Noodles Or Toasted Cheese with Tomato Soup</p> <p>-----</p> <p>Broccoli Crowns</p> <p>French Fries</p>	<p>24</p> <p>Cheese or Pep Pizza Or Tuna Sub Or Fish Sticks with Dinner Roll</p> <p>-----</p> <p>Cauliflower</p> <p>Mixed Vegetables</p>
<p>27</p> <p>Pancakes with Ham Or Flatbread Pizza</p> <p>-----</p> <p>BBQ Beans</p> <p>Hash Brown Potato</p>	<p>28</p> <p>Nacho Grande with Rice Or Toasted Cheese with Tomato Soup</p> <p>-----</p> <p>Sweet Corn</p> <p>Broccoli Spears</p>	<p>29</p> <p>Cheese or Pep Pizza Or Cheeseburger on Roll</p> <p>-----</p> <p>Green Beans</p> <p>Carrot Coins</p>	<p>30</p> <p>Mac & Cheese with Tostitos Or Hot Dog on Roll</p> <p>-----</p> <p>Romaine Salad 1c=1/2c</p> <p>Sweet Potatoes</p>	<p>31</p> <p>1/2</p> <p>Day!</p>

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 1/2cportions 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 w/Roll (2m, 1.5g)

Toasted Cheese Sandwich (2m,2g)

Julienne Salad w Roll (2m, 1.5g)

Pizza with or Without Pepperoni (2m2g)

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