

# Saints Peter and Paul Lunch Menu

# MAY



# 2018

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Prepayment Available</b>  <b>Make Checks out to Saints Peter and Paul School</b>	<sup>1</sup> Roasted Chicken Or Hot Dog on WG Roll ----- Carrot Coins Mashed Potato	<sup>2</sup> Rotini with Meat Sauce Or Toasted Cheese with Tomato Soup ----- Romaine Salad 1c=1/2c Broccoli Crowns	<sup>3</sup> Nacho Grande with Rice Or Toasted Cheese with Tomato Soup ----- Corn Niblet Sweet Potato Bake	<sup>4</sup> Cheese or Pep Pizza Or Fish Sticks with Tostitos ----- Green Beans Sweet Peas
<sup>7</sup> Chicken Nuggets Or Hamburger on WG Roll ----- Potato Rounds Mixed Vegetables	<sup>8</sup> Rotini with Meat Sauce and Dinner Roll Or Or Pizza Pocket ----- Carrot Bites BBQ Baked Beans	<sup>9</sup> Chicken and Biscuit Or Hot Dog on WG Roll ----- Romaine Salad 1c=1/2c Tiny Pea	<sup>10</sup> Taco In a Bag with Rice Or Baked Potato with Toppings ----- Broccoli Crowns Golden Corn	<sup>11</sup> Cheese or Pep Pizza Or Mac & Cheese with Tostitos ----- Green Beans Sweet Potato Bake
<sup>14</sup> Chicken Patty on WG Roll Or Hot Dog on WG Roll ----- Corn Bites BBQ Baked Beans	<sup>15</sup> Seasoned Noodles with Sausage Or Bacon Burger on WG Roll ----- Green Beans Broccoli Crowns	<sup>16</sup> Chicken Finger Sub Or Pizza Bagel ----- Romaine Salad 1c=1/2c Mixed Vegetable	<sup>17</sup> Pancakes with Sausage Or Toasted Cheese with Tomato Soup ----- Hash Brown Potato Sweet Potatoes	<sup>18</sup> Cheese or Pep Pizza Or Fish Sticks with Roll ----- Tender Peas Carrot Coins
<sup>21</sup> Tacos Or Cheeseburger on WG Roll ----- Hash Brown Potatoes Mixed Vegetables	<sup>22</sup> Chicken Nuggets Or Hot Dog on WG Roll ----- French Fries Green Beans	<sup>23</sup> Chicken Quesadilla Or Seasoned Noodles & Sausage ----- Corn Niblets Sweet Potatoes	<sup>24</sup> Cheese or Pep Pizza Or Toasted Cheese with Tomato Soup ----- Romaine Salad 1c=1/2c Broccoli Crowns	<sup>25</sup>  <b>NO STUDENT ATTENDANCE</b>
<sup>28</sup>  <b>NO STUDENT ATTENDANCE</b>	<sup>29</sup> Chicken Nuggets Or Bacon Burger on Roll ----- BBQ Beans French Fries	<sup>30</sup> Pancakes with Sausage Or Hot Dog on WG Roll ----- Hash Brown Potato Carrot Coins	<sup>31</sup> Chicken Patty on WG Roll Or Toasted Cheese with Tomato Soup ----- Romaine Salad Sweet Potato Bake	

## 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 1/2Pita (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**