

Saints Peter and Paul Lunch Menu

NOVEMBER

2018



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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Prepayment Available</p> <p>Make Checks out to Saints Peter and Paul School</p>			<p>1</p> <p>Nacho Grande with Rice Or Toasted Cheese with Tomato Soup ----- Corn Niblets</p>	<p>2</p> <p>Cheese or Pepperoni Pizza Or Fish Sticks with Noodles ----- Tator Tots</p>
<p>5</p> <p>French Toast Sticks with Sausage Or 8" Pizza Pocket ----- Hash Brown Potatoes</p>	<p>6</p> <p>Taco in a Bag with Rice Or Toasted Cheese with Tomato Soup ----- Tender Corn</p>	<p>7</p> <p>Chicken Patty on Roll Or Seasoned Noodles with Meatballs ----- BBQ Baked Beans</p>	<p>8</p> <p>Roast Chicken Or Hot Dog on Roll ----- Romaine Salad 1 c=1/2c</p>	<p>9</p> <p>Cheese or Pep Pizza Or Mac & Cheese with Tostitos ----- Carroteenies</p>
<p>12</p> <p>VETERAN'S DAY!</p> 	<p>13</p> <p>Pancakes with Sausage Or Fish Sticks with Tostitos ----- Sweet Potato Bake</p>	<p>14</p> <p>Rotini with Meat Sauce Or Hot Dog on WG Roll ----- Corn Bites</p>	<p>15</p> <p>8" Chicken Quesadilla Or Seasoned Noodles with Meatballs ----- Romaine Salad 1c=1/2c</p>	<p>16</p> <p>Cheese or Pep Pizza Or Cheeseburger on Roll ----- Vegetarian Beans</p>
<p>19</p> <p>Mac & Cheese with Tostitos Or Hot Dog on Roll ----- Romaine Salad 1c=1/2c</p>	<p>20</p> <p>Breakfast Pizza Or Cheese or Pep Pizza Or Cheeseburger on Roll ----- Baby Carrots</p>	<p>21</p> <p>NO STUDENT ATTENDANCE</p> 	<p>22</p> <p>HAPPY THANKSGIVING</p> 	<p>23</p> <p>NO STUDENT ATTENDANCE</p> 
<p>26</p> <p>Chicken Nuggets Or Cheeseburger on Roll ----- Baked Beans</p>	<p>27</p> <p>Nacho Grande with Rice Or Sweet & Sour Chicken with Rice ----- Romaine Salad 1c=1/2c</p>	<p>28</p> <p>Spaghetti with Meatballs Or Pizza Sub ----- Carrot Coins</p>	<p>29</p> <p>French Toast Stix Or Toasted Cheese</p>	<p>30</p> <p>Pizza Or Mac n Cheese</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 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