


# Saints Peter and Paul Lunch Menu

# NOVEMBER

# 2017



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> Chicken & Gravy Over Biscuit Or Hot Dog on WG Roll ----- Green Beans Mixed Vegetables	<sup>2</sup> Spaghetti w/Meatballs Or Hamburger on WG Roll ----- Tender Corn Baked Beans	<sup>3</sup> Cheese or Pep Pizza Or Fish Sticks w/Dinner Roll ----- Broccoli Carrots ¾ c
<sup>6</sup> Pancakes with Sausage Or Pizza Bagel ----- Hash Brown Potatoes Sweet Potato Bake	<sup>7</sup> Nacho Grande with Tostitos Or Grilled Cheese w/Tomato Soup ----- Corn Niblet Romaine Salad 1c=1/2c	<sup>8</sup> Seasoned Noodles with Meatballs Or Hot Dog on WG Roll ----- Broccoli Crowns Baby Carrots	<sup>9</sup> Cheese or Pep Pizza Or Pulled Pork on WG Roll ----- Green Beans BBQ Baked Beans	<sup>10</sup> <b>NO STUDENT ATTENDANCE</b>
<sup>13</sup> French Toast Sticks with Sausage Or Bacon Burger on WG Roll ----- Hash Browns Carrot Coins	<sup>14</sup> Taco Baked Potato Or Chicken Patty on WG Roll ----- Green Beans Sweet Potato Bake	<sup>15</sup> Taco in a Bag Or Toasted Cheese with Tomato Soup ----- Romaine Salad 1c=1/2c BBQ Baked Beans	<sup>16</sup> Chicken & Gravy Over Biscuit Or Hot Dog on WG Roll ----- Tender Corn Bites Broccoli	<sup>17</sup> Cheese or Pep Pizza Or or Mac & Cheese with Tostitos ----- Tiny Peas Carrot coins
<sup>20</sup> Chicken Nuggets with Garlic Noodles Or Hot Dog on WG Roll ----- Cut Green Beans Sweet Potato Bake	<sup>21</sup> Chicken Quesadilla Or Toasted Cheese with Tomato Soup ----- Romaine Salad 1c=1/2c Peas & Carrots	<sup>22</sup> <b>1/2 DAY</b>  <b>NO LUNCHES</b>	<sup>23</sup> <b>HAPPY THANKSGIVING</b>  	<sup>24</sup> <b>NO STUDENT ATTENDANCE!</b>
<sup>27</sup> Chicken Patty on Roll Or Bacon Burger on WG Roll ----- Carrot Coins Hash Brown	<sup>28</sup> Seasoned Noodles with Meatballs Or Pizza Pocket ----- Green Beans Broccoli Spears	<sup>29</sup> Nacho Grande Or Toasted Cheese with Tomato Soup ----- Corn Niblets Romaine Salad 1c=1/2c	<sup>30</sup> Rotini with Meat Sauce Or Hot Dog on Whole Grain Roll ----- BBQ Baked Beans 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 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/Pita (2m, 2g)

Toasted Cheese Sandwich (2m,2g)

Julienne Salad w/ 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**