


Saints Peter and Paul Lunch Menu

November



2016

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken Patty on WG Roll Or Mac & Cheese with Tostitos ----- Sweet Potato Bake Romaine Salad	2 Pancakes Or Hot Dog on WG Roll ----- Hash Brown Potatoes Green Beans	3 Nacho Grande w/Tostitos Or Grilled Cheese Sand ----- Carrot Coins Tomato Soup	4 Cheese or Pep Pizza Or Tuna Sub Or Hamburger ----- Corn Broccoli Heads
7 Chicken Nuggets Or Pizza Bagel ----- Hash Brown Mixed Vegetables	8 Bacon Burger on WG Roll Or Seasoned Noodles ----- Broccoli BBQ Baked Beans	9 BBQ PorK Sandwich Or Hot Dog on WG Roll ----- Sweet Potato Bake Tiny Peas	10 Taco in a Bag /Doritos Or Toasted Cheese ----- Corn Carrot Coins	11 Veteran's Day!
14 French Toast with Sausage Or Cheeseburger on WG Roll ----- Hash Browns Italian Spinach	15 Flatbread Pizza Or Hot Dog on WG Roll ----- Cauliflower Carrot Coins	16 Chicken & Gravy over Biscuit Or Hot Dog on WG Roll ----- Mashed Potatoes Broccoli	17 Spaghetti & Meatballs Or Toasted Cheese Sandwich ----- Romaine Salad Green Beans	18 Cheese or Pep Pizza Or Tuna Sub Or Fish Sticks with Dinner Roll ----- Corn Niblets BBQ Baked Beans
21 Chicken Finger Sub OR BBQ Pulled Pork Sandwich ----- Potato Rounds Sweet Peas	22 Pizza Or Hamburger on WG Roll ----- Carrot Coins Baked Bean Casserole	23 1/2 Day!	24 Thanksgiving	25 Recess!!
28 Pancakes Or Hamburger on WG Roll ----- Hash Browns Green Beans	29 Taco in Bag/Doritos Or Toasted Cheese Sandwich ----- Corn Niblets Glazed Carrots	30 Spaghetti & Meatballs Or Hot Dog on WG Roll ----- Romaine Salad Tiny Peas	<i>Prepayment Available</i> <i>Make Checks out to Saints Peter and Paul School</i>	

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/>.

We serve the following Items

Daily

Pizza

Yogurt Parfait w Roll & Crackers

Julienne Salad w Roll & Crackers

Toasted Cheese Sandwich

Lunch Price \$2.70

We offer fresh or prepared fruits and vegetables daily.

(Must take a serving of Fruit or Veggies)

Offered Daily:

**Non or Low Fat White or Non Fat Chocolate Milk
Ham Subs offered on Mondays and Wednesdays
Chicken Salad Sandwich offered on Tuesdays & Thursdays**

Start with a:

- Vegetable
- Fruit (or take both)
- Choose whole grains
- Pick a lean protein
- Add serving of milk

Take at least 3