

Saints Peter and Paul Lunch Menu

OCTOBER



2016

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Nuggets Or Cheeseburger ----- Carrot Coins Sweet Peas	4 French Toast Sticks w/Sausage Or Turkey Sub ----- Hash Brown Mixed Vegetables	5 Chicken Quesadilla OR Toasted Cheese ----- Corn Sweet Potato Bake	6 Seasoned Noodles with Or Hot Dog on WG Roll ----- BBQ Baked Beans Broccoli	7 Cheese or Pep Pizza Or Tuna Sub Or Hamburger on WG Roll ----- Romaine Salad Green Beans
10 Columbus Day!	11 Flatbread Pizza Or Roasted Chicken w/Rice ----- Carrot Sticks Baked Beans	12 Nacho Grande w/Rice Or Toasted Cheese Sandwich ----- Crispy Tator Tots Corn Niblets	13 Mac & Cheese w/Roll Or Hot Dog on WG Roll ----- Cauliflower Tiny Peas	14 Cheese or Pep Pizza Or Tuna Sub Or Fish Sticks ----- Green Beans Romaine Salad
17 Pancakes Or Bacon Burger on Roll ----- Hash Browns Italian Spinach	18 Chicken Patty on Roll Or Seasoned Noodles ----- Cauliflower Green Beans	19 Spaghetti with Meatballs Or Hot Dog on a Roll ----- Romaine Salad BBQ Baked Beans	20 Taco in a Bag or Toasted Cheese Sandwich ----- Tomato Soup Corn Niblets	21 Cheese or Pep Pizza Or Tuna Sub Or Mac and Cheese w/ Roll ----- Green Beans Carrots
24 Chicken Finger Sub Toasted Cheese Sandwich ----- Potato Rounds Sweet Peas	25 Mac & Cheese Or Bacon Burger ----- Carrot Coins Baked Bean Casserole	26 Chicken & Biscuit Or Hot Dog on WG Roll ----- Mashed Potatoes Broccoli	27 Chicken Quesadilla Or Seasoned Noodles ----- Romaine Salad Sweet Corn	28 Cheese or Pep Pizza Or Tuna Sub Or Hamburger on WG Roll ----- Green Beans Broccoli Heads
31 French Toast Sticks w/Sausage Or Cheeseburger on WG Roll ----- Hash Brown Potato Carrot Sticks				Prepayment Available Make Checks out to Saints Peter and Paul School

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