


Saints Peter and Paul Lunch Menu

OCTOBER



2017

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

Monday	Tuesday	Wednesday	Thursday	Friday
French Toast with Sausage ² Or Pizza Bagel ----- Hash Brown Potatoes Sweet Potato Bake	Baked Potato w/ ³ cheese Mac & Cheese with Tostitos ----- Romaine Salad 1c=1/2c Broccoli	Pasta with Meat Sauce ⁴ Or Hot Dog on WG Roll ----- Green Beans Mixed Vegetables	Nacho Grande with Rice ⁵ Or Grilled Cheese w/Tomato Soup ----- Tender Corn Baked Beans	Cheese or Pep Pizza Or ⁶ Tuna Sub or Fish Sticks w/Dinner Roll ----- Broccoli Tree Tops Sweet Takin' Carrots ¼ c
NO STUDENT ATTENDANCE! ⁹ COLUMBUS DAY!!	Chicken Patty on Roll ¹⁰ Or Grilled Cheese w/Tomato Soup ----- Green Beans Romaine Salad 1c=1/2c	Chicken Nugget with ¹¹ Garlic Noodles Or Flatbread Pizza ----- Broccoli Crowns Baby Carrots	Cheeseburger ¹² Or Seasoned Noodles ----- Corn Niblets BBQ Baked Beans	Cheese or Pep Pizza Or ¹³ Tuna Sub or Baked Potato w/cheese ----- Tiny Peas & Carrots Kicked Up Cauliflower
Pancakes with Sausage ¹⁶ Or BBQ Pulled Pork Sandwich ----- Hash Browns Carrot Coins	Chicken Finger Sub Or ¹⁷ Hot Dog on WG Roll ----- Green Beans Sweet Potato Bake	Taco in a Bag Or ¹⁸ Toasted Cheese with Tomato Soup ----- Romaine Salad 1c=1/2c BBQ Baked Beans	Mac & Cheese with ¹⁹ Tostitos Or Bacon Burger ----- Tender Corn Bites Broccoli	Cheese or Pep Pizza Or ²⁰ Tuna Sub or Fish Sticks with Dinner Roll ----- Tiny Peas Carrot coins
French Toast with Sausage ²³ Or Hot Dog on WG Roll ----- Cut Green Beans Sweet Potato Bake	Seasoned Noodles ²⁴ Or Pizza Bagel ----- Romaine Salad 1c=1/2c Peas & Carrots	Chicken Quesadilla Or ²⁵ Toasted Cheese with Tomato Soup ----- Tender Yellow Corn Glazed Carrots	Chicken Nuggets with ²⁶ Seasoned Noodles Or Hamburger ----- Broccoli Crowns Crispy French Fries	Cheese or Pep Pizza Or ²⁷ Tuna Sub Or Mac & Cheese with Tostitos ----- BBQ Baked Beans Seasoned Cauliflower
Seasoned Noodles ³⁰ Or Pizza Pocket ----- Carrot Coins Romaine Salad 1c=1/2c	Taco in a Bag ³¹ Or Toasted Cheese with Tomato Soup ----- Corn Niblets Broccoli Spears		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/>.

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