

Saints Peter and Paul Lunch Menu

September

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>3</p> <p>LABOR DAY!!</p>	<p>4</p>	<p>5</p> <p>Pancakes with Sausage Or Toasted Cheese with Tomato Soup ----- Broccoli Crowns Baby Carrots</p>	<p>6</p> <p>Chicken Nuggets with Noodles Or Hamburger on WG Roll ----- Corn Niblets BBQ Baked Beans</p>	<p>7</p> <p>Cheese or Pep Pizza Or Mac & Cheese with Tostitos ----- Peas Green Beans</p>
<p>10</p> <p>Chicken Finger Sub Or Hot Dog on WG Roll ----- Hash Browns Carrot Coins</p>	<p>11</p> <p>Pasta with Meat Sauce Or Pulled Pork on WG Roll ----- Green Beans Sweet Potato Bake</p>	<p>12</p> <p>8' Taco Or Toasted Cheese with Tomato Soup ----- Romaine Salad 1c=1/2c BBQ Baked Beans</p>	<p>13</p> <p>Roasted Chicken with Rice Or Cheeseburger on Roll ----- Corn Bites Broccoli</p>	<p>14</p> <p>Cheese or Pep Pizza Or Fish Sticks with Noodles ----- Peas Cucumber Slices</p>
<p>17</p> <p>Chicken Patty on WG Roll Or 8" Pizza Pocket ----- Green Beans Sweet Potato Bake</p>	<p>18</p> <p>Chicken & Gravy over Noodles Or Toasted Cheese with Tomato Soup ----- Romaine Salad 1c=1/2c Peas & Carrots</p>	<p>19</p> <p>Rotini with Meat Sauce Or Hot Dog on WG Roll ----- Yellow Corn Glazed Carrots</p>	<p>20</p> <p>Taco in a Bag with Rice Or Sweet & Sour Chicken with Rice ----- Broccoli Crowns Crispy French Fries</p>	<p>21</p> <p>Cheese or Pep Pizza Or Cheeseburger on WG Roll ----- BBQ Baked Beans Seasoned Cauliflower</p>
<p>24</p> <p>French Toast Sticks with Sausage Or Cheeseburger on WG Roll ----- Hash Brown Potato Baked Beans</p>	<p>25</p> <p>Nacho Grande with Rice Or Toasted Cheese with Tomato Soup ----- Corn Niblets Carrot Coins</p>	<p>26</p> <p>Pasta with Meatballs Or Chicken Alfredo with Noodles ----- Green Beans Broccoli</p>	<p>27</p> <p>8" Chicken Quesadilla Or Hot Dog on WG Roll ----- Sweet Potato Bake Peas</p>	<p>28</p> <p>NO STUDENT ATTENDANCE</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 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 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