

# Saints Peter and Paul Lunch Menu

# September

# 2017



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

Monday	Tuesday	Wednesday	Thursday	Friday
		6 Chicken Nuggets with Oodles of Noodles Or Tangy Pulled Pork on WG Roll ----- Snappy Green Beans Kooky Mixed Vegetables	7 Fun French Toast Sticks with Sausage Or Cheeseburger on WG Roll ----- Crispy Hash Brown Fiesta Bean Salad	8 Cheese or Pep Pizza Or Tuna Sub or Mac & Cheese with Tostitos ----- Broccoli Tree Tops Sweet Takin' Carrots $\frac{3}{4}$ c
11 Chicken Patty on WG Roll Or Grilled Cheese Triangles with Tomato Soup ----- Crunchy Tator Tots Sweet Potato Bake	12 Floppy Pancakes with Sausage Or All American Hot Dog ----- Yummy Green Beans Romaine Salad 1c=1/2c	13 Tasty Pizza Bagel Or Seasoned Noodles with Mighty Meatballs ----- Broccoli Crowns Baby Carrots	14 Southwest Chicken Quesadilla Or Spicy Chicken Finger Sub ----- Juicy Corn Niblets Tasty BBQ Baked Beans	15 Cheese or Pep Pizza Or Tuna Sub or Fish Sticks with Dinner Roll ----- Tiny Peas & Carrots Kicked Up Cauliflower
18 Fun French Toast Sticks with Sausage Or Juicy Hamburger on WG Roll ----- Golden Hash Browns Monster Carrot Coins	19 Super Flatbread Pizza Or Seasoned Noodles with Spicy Meatballs ----- Power Punch Green Beans Sweet Potato Bake	20 Creamy Chicken with Biscuit Or Toasted Cheese with Tomato Soup ----- Romaine Salad 1c=1/2c Zesty BBQ Baked Beans	21 Italian Spaghetti With Meatballs Or Juicy Hot Dog on Roll ----- Tender Corn Bites Broccoli Trees	22 Cheese or Pep Pizza Or Tuna Sub or Cheeseburger on WG Roll ----- Power Peas Cucumber Slices
25 Bacon Burger Or Pasta with Meat Sauce ----- Cut Green Beans Sweet Potato Bake	26 Cheesy Flatbread Pizza Or Crunchy Chicken Nuggets with Noodles ----- Romaine Salad 1c=1/2c Peas & Carrots	27 Nacho Grande Or Toasted Cheese with Tomato Soup ----- Tender Yellow Corn Glazed Carrots 3/4C	28 Crunchy Chicken Patty Or Protein Packed Hot Dog ----- Broccoli Crowns Crispy French Fries	29 Cheese or Pep Pizza Or Tuna Sub Or Turkey Sub ----- BBQ Baked Beans Seasoned Cauliflower
		<b>Prepayment Available</b>  <b>Make Checks out to Saints Peter and Paul School</b>		

## 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  $\frac{1}{2}$  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/Roll (2m, 1.5g)

Toasted Cheese Sandwich (2m,2g)

Julienne Salad w Roll (2m, 1.5g)

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**