



SEPTEMBER | 2017

ST. Rose School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
4 Labor Day No School	5 Cheese Ravioli Roasted Seasonal Vegetable Cucumber Slices WG Breadstick Banana Milk	6 Popcorn Chicken Smile Potatoes Cooked Carrots WG Roll Sidekick Milk	7 Chicken Walking Taco WG Doritos Lettuce, Tomatoes, Cheese Salsa and Sour Cream Refried Beans WG Goldfish Orange Sections Milk	8 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
11 Ham and Cheese Calzone Cauliflower Tossed Salad FF Dressing Pear Milk	12 Egg, Sausage and Cheese WG English Muffin Cubed Hash browns Fruitables Plus Banana Milk	13 Chicken Nuggets BBQ Chips Cooked Carrots Broccoli Salad Apple Sauce Milk	14 Cheeseburger WG Bun Baked Beans Steamed Broccoli Orange Sections Milk	15 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
18 Chicken Patty Sandwich WG Bun Steamed Cauliflower Cucumber Slices with Ranch Apple Milk	19 Stuffed Chicken Breast Mashed Potatoes Chicken Gravy Tossed Salad FF Dressing WG Roll Sidekick Milk	20 Chicken Fries Cheesy Potatoes Celery Sticks with Ranch Juice Box Milk	21 Walking Taco WG Doritos Lettuce, Tomato, Cheese Salsa and Sour Cream Refried Beans Orange Sections Milk	22 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
25 Meat Lasagna Roll Up Green Beans WG Breadstick Apple Fruitables Plus Milk	26 Beef Taco WG Tortilla Lettuce, Tomatoes, Cheese Salsa and Sour Cream Corn Banana Milk	27 French toast Sticks Turkey Sausage Links Cheesy Potatoes Baby Carrots with Ranch Orange Sections Syrup Milk	28 Shredded Chicken Sandwich WG Bun Baked Beans Cucumber Slices with Ranch Sidekick Milk	29 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk

Lunch Times

11:30am- 12:00pm

12:05pm- 12:35pm

Meat/Alternate

Grades k-5 8 oz. Weekly

Minimum 1oz per day

Grades 6-8, 9 oz. weekly

Minimum 1oz per day

Grades 9-12 10 oz. weekly

Grain/Bread

Grades k-5 8 oz. weekly

Minimum 1oz per day

Grades 6-8 8 oz. weekly

Minimum 1oz per day

Grades 9-12 10 oz. weekly

Minimum 2oz per day

Fruit

Grades k-8 ½ cup Daily and 2 ½

cups weekly

Vegetable

Grades k-8, ¾ cup Daily and 3 ¾

cups weekly

Grades 9-12, 1 cup daily and 5

cups weekly

Milk

1 cup 1% or Fat Free