



AUGUST | 2018

ST. Rose School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
6	7	8	9	10
13 No School	14 Pepperoni Calzone California Blend Cucumbers with Ranch Banana Milk	15 Cheeseburger WG Bun Baked Beans Steamed Broccoli Orange Sections Milk	16 Beef Taco WG Doritos Lettuce, Tomato Cheese Salsa and Sour Cream Refried Beans WG Goldfish Orange Sections Milk	17 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
20 Turkey and Rice Casserole Baby Carrots with Hummus WG Roll Fruitable Plus Apple Sauce Milk	21 Sloppy Joe WG Bun Smile Potatoes Cucumbers with Ranch Banana Milk	22 Chicken Patty Sandwich WG Bun Cheesy Potatoes Celery Sticks with Ranch Juice Box Milk	23 Walking Taco WG Doritos Lettuce, Tomato, Cheese Salsa and Sour Cream Refried Beans Pear Milk	24 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
27 Ham and Cheese Calzone Green Beans Apple Fruitable Plus Milk	28 Cheese Quesadilla Lettuce, Tomatoes, Cheese Salsa and Sour Cream Corn Banana Milk	29 Salisbury Steak Mashed Potato Bites WG Corn Bread Broccoli Florets with Ranch WG Cookie Sidekick Milk	30 Beef Hot Dog WG Bun French Fries Ketchup Steamed Carrots Pear Milk	31 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk

News

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