



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