

AUGUST 2016

St. Rose School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
8	9	10	11	12
15	16 Chicken Walking Taco WG Doritos Lettuce, Tomato, Cheese Salsa N Sour cream Pinto Beans Banana Milk	17 Buffalo Chicken Sandwich WG Bun Shredded Lettuce Cooked Carrots Raisins Milk	18 Cheeseburger WG Bun Baked Beans Broccoli Florets with Ranch Orange Sections Milk	19 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
22 Baked Chicken Steamed Cauliflower Roasted Edamame Pasta Salad WG Roll Banana	23 Sloppy Joe WG Bun Roasted Yukon Potatoes Baby Carrots with Hummus Apple Sauce Milk	24 Chef Salad with Spinach Baked Potato with Butter Lite Sour Cream WG Bread stick Sidekick Milk	25 Walking Taco WG Doritos Lettuce, Tomato, Cheese Refried Beans Pear Milk	26 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
29 Meat Lasagna Green Beans WG Breadstick Juice Box Milk	30 Chicken Fries Cheesy Potatoes Baby Carrots with Hummus Apple Milk	31 Shredded Chicken Sandwich WG Bun Baked Beans Celery Sticks with Ranch Banana Milk		

News

Lunch Times

11:30am – 12:00pm

12:05pm – 12:30pm

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