DECEMBER 2016

ST. Rose School Lunch

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | |
|----|-----------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|--------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | | | Cheeseburger WG Bun Baked Beans Broccoli Florets with Ranch Orange Sections Milk | Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk | <u>Lunch Times</u> 11:30am – 12:00pm 12:05pm – 12:30pm | |
| | Baked Chicken Breast Steamed Cauliflower cumber Slices with ranch WG Roll Apple Milk | Sloppy Joe WG Bun Roasted Yukon Potatoes Baby Carrots with Hummus Banana Milk | Chicken Fries Cheesy Potatoes Celery Sticks with Ranch Juice Box Orange Sections (9-12) Milk | Walking Taco WG Doritos Lettuce, Tomato, cheese Salsa and Sour Cream Refried Beans Pear Milk | Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk | 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 |
| 12 | Meat Lasagna Green Beans WG Breadstick Apple Fruitable Plus Milk | Beef Taco WG Tortilla Lettuce, Tomato, Cheese Salsa and Sour Cream Corn Banana Milk | French toast Sticks Turkey Sausage Link Cheese Potatoes Baby Carrots with Ranch Orange sections Syrup Milk | Shredded Chicken Sandwich WG Bun Baked Beans Cucumbers with Ranch Pear Milk | Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk | |
| 19 | No School | 20 No School | No School | 22 No School | No School | |
| 26 | No School | No School | 28 No School | 29 No School | 30 No School | |

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