

DECEMBER 2016

ST. Rose School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Cheeseburger WG Bun Baked Beans Broccoli Florets with Ranch Orange Sections Milk	2 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
5 Baked Chicken Breast Steamed Cauliflower Cucumber Slices with ranch WG Roll Apple Milk	6 Sloppy Joe WG Bun Roasted Yukon Potatoes Baby Carrots with Hummus Banana Milk	7 Chicken Fries Cheesy Potatoes Celery Sticks with Ranch Juice Box Orange Sections (9-12) Milk	8 Walking Taco WG Doritos Lettuce, Tomato, cheese Salsa and Sour Cream Refried Beans Pear Milk	9 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
12 Meat Lasagna Green Beans WG Breadstick Apple Fruitable Plus Milk	13 Beef Taco WG Tortilla Lettuce, Tomato, Cheese Salsa and Sour Cream Corn Banana Milk	14 French toast Sticks Turkey Sausage Link Cheese Potatoes Baby Carrots with Ranch Orange sections Syrup Milk	15 Shredded Chicken Sandwich WG Bun Baked Beans Cucumbers with Ranch Pear Milk	16 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
19 No School	20 No School	21 No School	22 No School	23 No School
26 No School	27 No School	28 No School	29 No School	30 No School

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