



MARCH | 2019

St Rose School Lunch

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

25	26	27	28	1 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
4 Cheese Bread sticks Marinara Cup Buttered Corn Pear Milk	5 Buffalo Chicken Sandwich Baby Carrots with Ranch Baked Beans Apple Sauce Milk	6 Baked Potato with butter Broccoli with Cheese sauce Yogurt Cup String Cheese WG Biscuit Banana Milk	7 Meatball Sub American Cheese Potato Wedges Celery Sticks with Ranch Orange Juice Milk	8 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
11 Chicken Tenders Steamed Cauliflower Tossed Salad FF Dressing Pear Milk	12 Egg, Sausage and Cheese WG English Muffin Cubed Hash browns Juice 4 U Banana Milk	13 Salisbury Steak Mashed Potato Bites Baby Carrots with Ranch WG Biscuit Apple Sauce Milk	14 Cheeseburger WG Bun Baked Beans Cheesy Broccoli Strawberry Cup Milk	15 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
18 Chicken Nuggets Cooked Carrots Juice 4 U WG Roll Apricot Cup Milk	19 Sloppy Joe WG Bun Roasted Potatoes Cucumbers with Ranch Banana Milk	20 Oven Roasted Chicken WG Biscuit Cheesy Potatoes Celery Sticks with Ranch Apple Milk	21 Walking Taco WG Doritos Lettuce and Cheese Salsa and Sour Cream Refried Beans Pear Milk	22 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
25 No School	26 No School	27 No School	28 No School	29 No School

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