



# NOVEMBER | 2017

## ST Rose School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Beef Taco WG Tortilla Lettuce, Tomatoes, Cheese Salsa and Sour Cream Corn Banana Milk	1 BBQ Chicken WG Corn Bread Baked Beans Cucumber Slices with Ranch WG Cookie Sidekick Milk	2 Beef Hot Dog WG Bun French Fries Ketchup Steamed Carrots Diced Pears Milk	3 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
6 Corn Dog Cooked Carrots Tossed Salad FF Dressing Juice Box Milk	7 Cheese Calzone California Blend Cucumbers with Ranch Banana Milk	8 Cheese Omelet Biscuit Cubed hash Browns Fruitables Plus Apple Milk	9 Chicken Quesadilla Lettuce, Tomato Cheese Salsa and Sour Cream Refried Beans Diced Peaches Milk	10  No School
13 Cheese Bread sticks Marinara Cup Roasted Seasonal Vegetable Fruitables Plus Pear Milk	14 Oven Baked Chicken Mac N Cheese Black Eyed Peas WG Corn Bread Celery Sticks FF Ranch Banana Milk	15 Chicken Chunks Sweet and Sour Sauce Edamame Vegetable Blend Brown Rice Fortune Cookie Sidekick Milk	16 Meatball Sub American Cheese Potato Wedges Steamed Corn Diced Peaches Milk	17 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
20 Chicken Tenders Cauliflower Tossed Salad FF Dressing Pear Milk	21 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk	22  No School	23  No School	24  No School
27 Turkey Patty Sandwich WG Bun Steamed Cauliflower Baby Carrots with Hummus Apple Sauce Milk	28 Sloppy Joe WG Bun Smile Potatoes Cucumbers with Ranch Banana Milk	29 Chicken Nuggets Cheesy Potatoes Celery Sticks with Ranch WG Corn Bread Juice Box Milk	30 Walking Taco WG Doritos Lettuce, Tomato, Cheese Salsa and Sour Cream Refried Beans Pear Milk	

### 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**