



FEBRUARY | 2019

St. Rose School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	31	1 Pizza Boxed Lunch Buddy Activity & Lunch in Gym
4 Baked Potato w/ Butter Broccoli w/ Cheese Sauce Yogurt Cup String Cheese WG Biscuit Banana Milk	5 Buffalo Chicken Sandwich Baby Carrots w/Ranch Baked Beans Applesauce Milk	6 Meatball Sub American Cheese Potato Wedges Celery Sticks w/Ranch Orange Juice Milk	7 Cheeseburger WG Bun Baked Beans Broccoli Salad Pear Milk	8 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
11 Chicken Nuggets Cooked Carrots Juice 4 U WG Roll Apple Milk	12 Sloppy Joe WG Bun Mashed Potato Bites Cucumbers with Ranch Banana Milk	13 Chicken Patty Sandwich WG Bun Cheesy Potatoes Celery Sticks with Ranch Juice Box Milk	14 Walking Taco WG Doritos Lettuce and Cheese Salsa and Sour Cream Refried Beans Pear, Milk	15 No School
18 No School President's Day	19 Cheese Quesadilla Salsa and Sour Cream Refried Beans Corn Banana Milk	20 BBQ Chicken Breast WG Ciabatta Broccoli Cucumber Slices with Ranch Sidekick Milk	21 Lasagna Roll up Green Beans WG Breadstick Apple Milk	22 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie, Milk
25 Corn Dog Cooked Carrots Tossed Salad FF Dressing Juice Box Milk	26 Pepperoni Calzone California Blend Banana Milk	27 Cheese Omelet Biscuit Cubed hash Browns Juice 4 U Apple Milk	28 Beef Taco WG Tortilla Lettuce and Cheese Salsa and Sour Cream Refried Beans Pear Milk	1

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