



AUGUST | 2017

St Rose School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
7	8	9	10	11
14	15 Sloppy Joe WG Bun Roasted Yukon Potatoes Baby Carrots with Hummus Banana Milk	16 Chicken Fries Cheesy Potatoes Celery Sticks with Ranch Juice Box Milk	17 Walking Taco WG Doritos Lettuce, Tomato, Cheese Salsa and Sour Cream Refried Beans Orange Sections Milk	18 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
21 Meat Lasagna Roll Up Green Beans WG Breadstick Apple Fruitables Plus Milk	22 Beef Taco WG Tortilla Lettuce, Tomatoes, Cheese Salsa and Sour Cream Corn Banana Milk	23 French toast Sticks Turkey Sausage Links Cheesy Potatoes Baby Carrots with Ranch Orange Sections Syrup Milk	24 Shredded Chicken Sandwich WG Bun Baked Beans Cucumber Slices with Ranch Sidekick Milk	25 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
28 Corn Dog Cooked Carrots Tossed Salad FF Dressing Juice Box Milk	29 Pepperoni Calzone California Blend Cucumbers with Ranch Banana Milk	30 Cheese Omelet Biscuit Cubed hash Browns Fruitables Plus Apple Milk	31 WG Beef, Bean, Cheese Burrito Salsa and Sour Cream Refried Beans Steamed Corn Sidekick 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