



DECEMBER | 2017

St Rose School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Turkey Patty Sandwich WG Bun Steamed Cauliflower Baby Carrots with Hummus Apple Sauce Milk	Sloppy Joe WG Bun Smile Potatoes Cucumbers with Ranch Banana Milk	Chicken Nuggets Cheesy Potatoes Celery Sticks with Ranch WG Corn Bread Juice Box Milk	Walking Taco WG Doritos Lettuce, Tomato, Cheese Salsa and Sour Cream Refried Beans Pear Milk	1 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
4 Ham and Cheese Calzone Green Beans Apple Fruitable Plus Milk	5 Cheese Quesadilla Salsa and Sour Cream Corn Refried Beans Banana Milk	6 BBQ Chicken WG Corn Bread Steamed broccoli Cucumber Slices with Ranch WG Cookie Sidekick Milk	7 Beef Hot Dog WG Bun French Fries Ketchup Steamed Carrots Pear Milk	8 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
11 Corn Dog Cooked Carrots Tossed Salad FF Dressing Juice Box Milk	12 Cheese Calzone California Blend Cucumbers with Ranch Banana Milk	13 Cheese Omelet Biscuit Cubed hash Browns Fruitable Plus Apple Milk	14 Beef Taco WG Tortilla Lettuce, Tomato Cheese Salsa and Sour Cream Refried Beans Diced Peaches Milk	15 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
18 Cheese Bread sticks Marriara Cup Buttered Corn Fruitable Plus Pear Milk	19 Oven Baked Chicken Mac N Cheese Baked Beans WG Corn Bread Celery Sticks FF Ranch Banana Milk	20 Chicken Chunks Sweet and Sour Sauce Edamame Vegetable Blend Broccoli with Ranch Brown Rice Fortune Cookie Sidekick Milk	21 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk	22 No School
25 Merry Christnas	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