



OCTOBER | 2017

St Rose School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Corn Dog Cooked Carrots Tossed Salad FF Dressing Juice Box Milk	3 Pepperoni Calzone California Blend Cucumbers with Ranch Banana Milk	4 Cheese Omelet Biscuit Cubed hash Browns Fruitable Plus Apple Milk	5 Chicken Walking Taco WG Doritos Lettuce, Tomato Cheese Salsa and Sour Cream Refried Beans WG Goldfish Orange Sections Milk	6 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
9 Ham and Cheese Calzone Roasted Seasonal Vegetable Fruitable Plus WG Cheetos Pear Milk	10 Oven Baked Chicken Mac N Cheese WG Corn Bread Celery Sticks FF Ranch Banana Milk	11 Popcorn Chicken Smile Potatoes Cooked Carrots WG Roll Sidekick Milk	12 WG Beef, Bean, Cheese Burrito Salsa and Sour Cream Refried Beans Steamed Corn Orange Sections Milk	13 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
16 Chicken Tenders Cauliflower Tossed Salad FF Dressing Pear Milk	17 Egg, Sausage and Cheese WG English Muffin Cubed Hash browns Fruitable Plus Banana Milk	18 Chicken Nuggets BBQ Chips Cooked Carrots Broccoli Salad Apple Sauce Milk	19 Cheeseburger WG Bun Baked Beans Steamed Broccoli Orange Sections Milk	20 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
23 Chicken Patty Sandwich WG Bun Steamed Cauliflower Baby Carrots with Hummus Apple Sauce Milk	24 Sloppy Joe WG Bun Smile Potatoes Cucumbers with Ranch Banana Milk	25 Chicken Fries Cheesy Potatoes Celery Sticks with Ranch Juice Box Milk	26 Walking Taco WG Doritos Lettuce, Tomato, Cheese Salsa and Sour Cream Refried Beans Pear Milk	27 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
30 Cheese Ravioli Green Beans WG Breadstick Apple Fruitable Plus Milk	31 Beef Taco WG Tortilla Lettuce, Tomatoes, Cheese Salsa and Sour Cream Corn Banana Milk			

News

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