



# JANUARY | 2017

## ST Rose School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Chicken Tenders WG Cheetos Celery Sticks with Ranch Fruitable Plus Pear Milk	<b>3</b> Cheese Ravioli Roasted seasonal Vegetable Cucumber Slices WG Bread Stick Banana Milk	<b>4</b> Meatloaf Mashed potatoes Cooked Carrots WG Roll Sidekick Milk	<b>5</b> Chicken Walking Taco WG Doritos Lettuce, Tomatoes, Cheese Salsa and Sour Cream Refried Beans WG Goldfish Pear Milk	<b>6</b> Pizza Tossed Salad Grape tomatoes FF Dressing Apple WG Cookie Milk
<b>9</b> Corn Dog Au Gratin Potatoes Green Peas Pear Milk	<b>10</b> Cheesy Chicken Rice Casserole Cauliflower WG Goldfish Broccoli Salad Banana Milk	<b>11</b> Chicken Nuggets Cooked Carrots Fruitable Plus Apple Sauce Milk	<b>12</b> Cheeseburger WG Bun Baked Beans Broccoli Florets with Ranch Orange Sections Milk	<b>13</b> Pizza Tossed Salad Grape tomatoes FF Dressing Apple WG Cookie Milk
<b>16</b> No School	<b>17</b> Walking Taco WG Doritos Lettuce, Tomato, Cheese Salsa and Sour Cream Refried Beans Pear Milk	<b>18</b> Chicken Fries Cheesy Potatoes Celery Sticks with Ranch Juice Box Orange Sections (9-12) Milk	<b>19</b> Sloppy Joe WG Bun Roasted Yukon Potatoes Baby Carrots with Hummus Banana Milk	<b>20</b> Pizza Tossed Salad Grape tomatoes FF Dressing Apple WG Cookie Milk
<b>23</b> Meat Lasagna Green Beans WG Breadstick Apple Fruitable Plus Milk	<b>24</b> Beef Taco WG Tortilla Lettuce, Tomatoes, Cheese Salsa and Sour Cream Corn Banana Milk	<b>25</b> French toast Sticks Turkey Sausage Links Cheesy Potatoes Baby Carrots with Ranch Orange Sections Syrup Milk	<b>26</b> Breaded Chicken Sandwich WG Bun Baked Beans Cucumbers with Ranch Pear Milk	<b>27</b> Pizza Tossed Salad Grape tomatoes FF Dressing Apple WG Cookie Milk
<b>30</b> Hot Dog WG Bun Cooked Carrots Celery Sticks with Ranch Apple Milk	<b>31</b> Chicken and Tomato Pasta Bake California Blend Fruitable Plus WG Breadstick (9-12) Banana Milk	<b>1</b> Stuffed Chicken Breast Mashed Potatoes Tossed Salad Grape Tomatoes FF Dressing WG Roll Juice Box Milk	<b>2</b> Beef, Bean and Cheese Burrito Salsa and Sour Cream Refried Beans Steamed Corn Pear Milk	<b>3</b> Pizza Tossed Salad Grape tomatoes FF Dressing Apple WG Cookie Milk

### **Lunch Times**

**11:30am – 12:00pm**

**12:05pm – 12:30pm**

### **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**