

OCTOBER 2016

St Rose School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Meat Lasagna Green Beans WG Breadstick Apple Sauce Fruitable Plus Milk	4 Beef Taco WG Tortilla Lettuce, Tomato, Cheese Salsa and Sour Cream Pinto Beans Banana Milk	5 Chicken Fries Cheesy Potatoes Baby Carrots with Ranch Apple Milk	6 Shredded Chicken WG Hamburger Bun Baked Beans Celery Stick with Ranch Pear Milk	7 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
10 Hot Dog WG Bun Cooked Carrots Chips Apple Milk	11 Chicken and Tomato Pasta Bake Tossed Salad Grape Tomatoes FF Dressing WG Breadstick Banana Milk	12 Stuffed Chicken Breast Mashed Potatoes Cucumber Slices Yogurt Cup WG Roll Juice Box Milk	13 Beef, Bean and Cheese Burrito Salsa and Sour Cream Refried Beans Fruitable Plus Pear Milk	14 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
17 Cheese Ravioli WG Breadstick Celery Sticks with Ranch Fruitable Plus Apple Sauce Milk	18 Chicken Tenders Roasted Seasonal Vegetable Black Beans WG Cheetos Banana Milk	19 Meatloaf Mashed Potatoes Baby Carrots Sidekick WG Roll Milk	20 Cheesy Chicken Rice Casserole Corn WG Goldfish Broccoli Salad Pear Milk	21 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
24 Corn Dog Au Gratin Potatoes Celery Sticks with Ranch WG Go Pear Milk	25 Chicken Walking Taco WG Doritos Lettuce, Tomato, Cheese Salsa and Sour Cream Pinto Beans Banana Milk	26 Buffalo Chicken Sandwich WG Bun Shredded Lettuce Cooked Carrots Fruitable Plus Raisins Milk	27 Cheeseburger WG Bun Baked Beans Broccoli Florets with Ranch Orange Sections Milk	28 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
31 Baked Chicken Steamed Cauliflower Roasted Edamame Pasta Salad WG Roll Apple 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