



OCTOBER | 2018

St Rose School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Cheese Bread Sticks Marinara Cup Buttered Corn Pear Milk	2 Baked Potato with butter Steamed Broccoli with Cheese sauce Yogurt Cup String Cheese WG Biscuit Banana Milk	3 Buffalo Chicken Sandwich Baby Carrots with Ranch Baked Beans Apple Sauce Milk	4 Meatball Sub American Cheese Potato Wedges Celery Sticks with Ranch Orange Sections Milk	5 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
8 Chicken Tenders Steamed Cauliflower Tossed Salad FF Dressing Pear Milk	9 Egg, Sausage and Cheese WG English Muffin Cubed Hash browns Banana Milk	10 Salisbury Steak Mashed Potato Bites Baby Carrots with Ranch Strawberries Milk	11 Cheeseburger WG Bun Baked Beans Juice For U Orange Sections Milk	12 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
15 Chicken Nuggets Cooked Carrots WG Roll Apple Sauce Milk	16 Sloppy Joe WG Bun Mashed Potato Bites Cucumbers with Ranch Banana Milk	17 Chicken Patty Sandwich WG Bun Cheesy Potatoes Celery Sticks with Ranch Juice Box Milk	18 Walking Taco WG Doritos Lettuce, Tomato, Cheese Salsa and Sour Cream Refried Beans Pear Milk	19 Pizza Tossed Salad Grape Tomatoes FF Dressing Sliced Peaches WG Cookie Milk
22 Lasagna Roll up Green Beans WG Breadstick Apple Milk	23 Cheese Quesadilla Salsa and Sour Cream Refried Beans Corn Banana Milk	24 BBQ Chicken Breast WG Corn Bread Broccoli Cucumber Slices with Ranch Sidekick Milk	25 Hot Dog WG Bun French Fries Ketchup Steamed Carrots Pear Milk	26 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
29 Corn Dog Cooked Carrots Tossed Salad FF Dressing Juice Box Milk	30 Pepperoni Calzone California Blend Banana Milk	31 Cheese Omelet Biscuit Cubed hash Browns Broccoli Apple 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

This Institution is an Equal Opportunity Provider