



# APRIL | 2017

## ST. Rose School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Meat Lasagna Roll up Green Beans WG Breadstick Apple Fruitable Plus Milk	<b>4</b> Beef Taco WG Tortilla Lettuce, Tomatoes, Cheese Salsa and Sour Cream Corn Banana Milk	<b>5</b> French toast Sticks Turkey Sausage Links Cheesy Potatoes Baby Carrots with Ranch Orange Sections Syrup Milk	<b>6</b> Shredded Chicken Sandwich WG Bun Baked Beans Cucumber Slices with Ranch Sidekick Milk	<b>7</b> Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
<b>10</b> Corn Dog Cooked Carrots Fruitable Plus Apple Milk	<b>11</b> Pepperoni Calzone California Blend Cucumbers with Ranch Banana Milk	<b>12</b> Turkey ham. Egg and Cheese Biscuit Cubed Hash browns Tossed Salad FF Dressing WG Roll Juice Box Milk	<b>13</b> WG Beef, Bean, Cheese Burrito Salsa and Sour Cream Refried Beans Steamed Corn Sidekick Milk	<b>14</b> No School
<b>17</b> No School	<b>18</b> Cheese Ravioli Roasted Seasonal Vegetable Cucumber Slices WG Breadstick Banana Milk	<b>19</b> Popcorn Chicken Mashed Potatoes Cooked Carrots WG Roll Sidekick Milk	<b>20</b> Chicken Walking Taco WG Doritos Lettuce, Tomatoes, Cheese Salsa and Sour Cream Refried Beans WG Goldfish Orange Sections Milk	<b>21</b> Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
<b>24</b> Ham and Cheese Calzone Cauliflower Tossed Salad FF Dressing Pear Milk	<b>25</b> Egg, Sausage and Cheese WG English Muffin Cubed Hash browns Fruitable Plus Banana Milk	<b>26</b> Chicken Nuggets BBQ Chips Cooked Carrots Broccoli Salad Apple Sauce Milk	<b>27</b> Cheeseburger WG Bun Baked Beans Steamed Broccoli Orange Sections Milk	<b>28</b> Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie 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**