

AUGUST | 2020

St Rose Lunch



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3	4	5	6	7
10	11	12	13	14
17	18	19	20 <p>Turkey ham and Salami Sub WG Bun Fresh Vegetable Fruit Milk</p>	21 <p>Flat Bread Pizza Marinara and cheese Romaine Salad Grape Tomatoes Ranch Cup & Cookie Fruit Milk</p>
24 <p>Peanut Butter Sandwich Vegetable Fruit Cup Milk</p>	25 <p>Turkey and Cheese Sandwich on WG Bun Potato Chips Vegetable Ranch Cup Banana Milk</p>	26 <p>French Toast String Cheese Yogurt Cup Vegetable Apple Milk</p>	27 <p>Chicken Salad Sandwich WG Bun Vegetable Ranch Cup Apple Sauce Milk</p>	28 <p>Mini Pancakes Yogurt Cup String Cheese Juice 4 U Apple Milk</p>
31 <p>Flat Bread Pizza Marinara and cheese Romaine Salad Grape Tomatoes Ranch Cup & Cookie Fruit Milk</p>	1	2	3	4

Lunch Times

10:45am- 11:15am
11:15am- 11:45am

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 $\frac{1}{2}$ cup Daily
and $2\frac{1}{2}$ cups weekly
Vegetable
Grades k-8, $\frac{3}{4}$ cup Daily
and $3\frac{3}{4}$ cups weekly
Grades 9-12, 1 cup daily
and 5 cups weekly
Milk
1 cup 1% or Fat Free