

# AUGUST | 2020

## St Rose Lunch



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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