

September 2015

St. Peter's Catholic School

LUNCH



Circle the days your child wishes to take hot lunch. Student lunches are \$2.95 Adult lunches are \$3.50



Nutrition Tip: The 2010 Dietary Guidelines for Americans recommend that at least half of your grains are whole. For most people, that translates into at least 48 grams daily.

Monday

Tuesday

Wednesday

Thursday

Friday

Aug 31

Chicken Nuggets
Mashed Potatoes/gravy
Carrots/Celery Sticks
Fresh Fruit

1

Soft/ Hard shell Taco
w/Shredded Cheese
Romaine Lettuce
Salsa-Sour Cream
Fresh Fruit

2

Turkey & Veggie
Lasagna
Garlic Bread
Steamed Broccoli
Fresh Fruit

3

4

7



8

Homemade Pancake
Breakfast Sausage
Wisconsin Maple Syrup
Super Smoothies
Orange Slices

9

Build a Burger
Romaine Lettuce/ Tomato
Tater Tots
Corn
Applesauce/fresh Fruit

10

11

14

French Toast Sticks
Breakfast Sausage
Fresh Fruit

15

Nacho Grande
Taco Meat & Cheese over
Tortilla Chips
Shredded lettuce, salsa
Black Beans Fresh fruit

16

Grilled Cheese
Tomato Soup
Fresh Veggies and Dip
Fresh Fruit

17

18

21

Crispy Chicken Patty
On a whole grain bun
Steamed broccoli
Carrot sticks
Fresh Fruit

22

Homemade Mac-n-
cheese
Vegetable
Fresh Fruit

23

Pizza Day
Salad
Fresh Fruit

24

25

28

Cheese Quesadillas
Salsa
Corn
Baby Carrots and Ranch
Fresh Fruit

29

Sloppy Joes
French Fries
Green beans
Fresh Fruit

30

