



JANUARY | 2019

St Rose School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 No School	1 No School	2 No School	3 No School	4 No School
7 Chicken Nuggets Cooked Carrots WG Roll Apple Sauce Milk	8 Sloppy Joe WG Bun Mashed Potato Bites Cucumbers with Ranch Banana Milk	9 Chicken Patty Sandwich WG Bun Cheesy Potatoes Celery Sticks with Ranch Juice Box Milk	10 Walking Taco WG Doritos Lettuce and Cheese Salsa and Sour Cream Refried Beans Pear Milk	11 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
14 Hot Dog WG Bun French Fries Ketchup Steamed Carrots Pear Milk	15 Cheese Quesadilla Salsa and Sour Cream Refried Beans Corn Banana Milk	16 BBQ Chicken Breast WG Corn Bread Broccoli Cucumber Slices with Ranch Sidekick Milk	17 Lasagna Roll up Green Beans WG Breadstick Apple Milk	18 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
21 No School	22 Pepperoni Calzone California Blend Banana Milk	23 Cheese Omelet Biscuit Cubed hash Browns Broccoli Apple Milk	24 Beef Taco WG Tortilla Lettuce and Cheese Salsa and Sour Cream Refried Beans Orange Juice Milk	25 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
28 Cheese Bread sticks Marinara Cup Buttered Corn Pear Milk	29 Baked Potato with butter Broccoli with Cheese sauce Yogurt Cup String Cheese WG Biscuit Banana Milk	30 Buffalo Chicken Sandwich Baby Carrots with Ranch Baked Beans Apple Sauce Milk	31 Meatball Sub American Cheese Potato Wedges Celery Sticks with Ranch Orange Juice Milk	1

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