



MARCH | 2022

St. Rose Parish School Lunch

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

28	1 WG Pull-Apart Cheesy Bread Marinara Dipping Sauce Broccoli Banana Milk	2 WG Mac & Cheese Steamed Carrots Pear Milk	3 BBQ Chicken Sandwich WG Bun Baby Carrots Hummus Cup Applesauce Milk	4 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
7 Hot Dog WG Bun Broccoli Cranberries Milk	8 WG Beef Pepperoni Calzone Carrots Banana Milk	9 Cheeseburger WG Bun Mixed Vegetables Pear Milk	10 Egg & Cheese Roll-Up Celery Sticks Hummus Cup Applesauce Milk	11 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
14 WG Belgian Waffle Cheesy Potatoes String Cheese Raisins Milk	15 Meatloaf Sandwich WG Bun Broccoli Banana Milk	16 WG Cheese Calzone Baby Carrots Hummus Cup Pear Milk	17 WG Chicken Nuggets Mixed Vegetables Applesauce Milk	18 No School
21 Peanut Butter and Jelly Uncrustable Carrots Blueberries Milk	22 WG Mini Corn Dogs Mixed Vegetables Banana Milk	23 WG Mac & Cheese Celery Sticks Hummus Cup Pear Milk	24 WG Country Fried Steak WG Cornbread Mashed Potatoes Applesauce Milk	25 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
28 WG Queso Pull-Apart Broccoli Raisins Milk	29 Salisbury Steak WG Roll Steamed Carrots Banana Milk	30 WG Pancake String Cheese Cheesy Potatoes Pear Milk	31 Meatloaf Sandwich WG Bun Mixed Vegetables Applesauce Milk	1

News

****Please note that all items are subject to change****

Meat/Alternate

Grades K-5 - 1oz per day/ 8 oz. per week

Grades 6-8 - 1oz per day/ 9 oz. per week

Grades 9-12 - 2 oz. per day/ 10 oz. per week

Grain/Bread

Grades K-5 - 1oz per day/ 8 oz. per week

Grades 6-8 - 1oz per day/ 8 oz. per week

Grades 9-12 - 2oz per day/ 10 oz. per week

Fruit

Grade K-8 - ½ cup per day/

2 ½ cups per week

Grades 9-12 - 1 cup per day/ 5 cups per week

Vegetable

Grades K-8 - ¾ cup per day/ 3 ¾ cups per week

Grades 9-12 - 1 cup per day/ 5 cups per week

Milk

1 cup 1% or Fat Free