



MARCH | 2017

ST. Rose School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 French toast Sticks Yogurt Cup Cheesy Potatoes Baby Carrots with Ranch Orange Sections Syrup Milk	2 Shredded Chicken Sandwich WG Bun Baked Beans Cucumber Slices with Ranch Sidekick Milk	3 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
6 Corn Dog Cooked Carrots Fruitable Plus Apple Milk	7 Pepperoni Calzone California Blend Cucumbers with Ranch Banana Milk	8 Popcorn Chicken Twice Baked Potatoes Tossed Salad FF Dressing WG Roll Juice Box Milk	9 WG Beef, Bean, Cheese Burrito Salsa and Sour Cream Refried Beans Steamed Corn Sidekick Milk	10 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
13 Chicken Tenders WG Cheetos Celery Sticks with Ranch Fruitable Plus Pear Milk	14 Cheese Ravioli Roasted Seasonal Vegetable Cucumber Slices WG Breadstick Banana Milk	15 Fried Chicken Mashed Potatoes Cooked Carrots WG Roll Sidekick Milk	16 Chicken Walking Taco WG Doritos Lettuce, Tomatoes, Cheese Salsa and Sour Cream Refried Beans WG Goldfish Orange Sections Milk	17 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
20 Ham and Cheese Calzone Cauliflower Tossed Salad FF Dressing Pear Milk	21 Egg, Sausage and Cheese WG English Muffin Cubed Hash browns Fruitable Plus Banana Milk	22 Chicken Nuggets BBQ Chips Cooked Carrots Broccoli Salad Apple Sauce Milk	23 Cheeseburger WG Bun Baked Beans Steamed Broccoli Orange Sections Milk	24 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
27 No School	28 No School	29 No School	30 No School	31 No School

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