



MARCH | 2020

St Rose School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Sausage, Cheese & Egg WG English Muffin Cheesy Potatoes Juice 4 U Apple Milk	3 Walking Taco WG Doritos and Graham Cracker Lettuce and Cheese Salsa and Sour Cream Refried Beans Banana Milk	4 Chicken Rice Casserole Cooked Carrots String Cheese WG Roll with Butter Sidekick Milk	5 Hot Dog WG Bun Roasted Ranch Potato Wedges Baby Carrots with Ranch Ketchup and Mustard Blueberries Milk	6 Pizza Tossed Salad Grape Tomatoes FF Dressing Apricot Cup WG Cookie Milk
9 Turkey and cheese WG Panini Baby Carrots with Ranch Steamed Broccoli Mixed Fruit Milk	10 Meatloaf Cheesy Potatoes Romaine Salad FF Poppyseed Dressing Cornbread Banana Milk	11 Grilled Chicken Sandwich Pasta Salad Mixed Vegetable Pear Milk	12 Chicken Philly Wrap WG Tortilla Potato Wedges Baked Beans Apple Milk	13 Pizza Tossed Salad Grape Tomatoes FF Dressing Fruit WG Cookie Milk
16 Egg and Cheese WG Croissant Cheesy Potatoes Green Beans Apple Milk	17 Chicken Strips Sweet and Sour Sauce Fried Rice Steamed Broccoli Baby Carrots Banana Milk	18 Corn Dog Baked Beans Sliced Cucumbers FF Ranch Fruit Cup Milk	19 Chicken Walking Taco WG Doritos Corn Lettuce and Cheese Salsa and Sour Cream Sidekick Milk	20 Pizza Tossed Salad Grape Tomatoes FF Dressing Fruit WG Cookie Milk
23 No School	24 No School	25 No School	26 No School	27 No School
30 Beef & Cheese Nachos Refried Beans Lettuce and Cheese Salsa and Sour Cream Fruit Salad Milk	31 Chicken Gyro WG Flat Bread Shredded Lettuce Cucumber Slices with Ranch Green Beans Banana Milk	1	2	3

Lunch Times

Gr.4&5- 11:25am -11:50am
Gr.6, 7& 8- 11:50am-12:15pm
Gr.K&1- 12:17pm-12:42pm
Gr.2&3- 12:42pm-1:07pm

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