



# NOVEMBER | 2018

## St Rose School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Beef Taco WG Tortilla Lettuce, Tomato Cheese Salsa and Sour Cream Refried Beans Orange Juice Milk	2 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
5 Cheese Bread sticks Marinara Cup Buttered Corn Pear Milk	6 Baked Potato with butter Steamed Broccoli with Cheese sauce Yogurt Cup String Cheese WG Biscuit Banana Milk	7 Buffalo Chicken Sandwich Baby Carrots with Ranch Baked Beans Apple Sauce Milk	8 Meatball Sub American Cheese Potato Wedges Celery Sticks with Ranch Orange Juice Milk	9 No School
12 Chicken Tenders Steamed Cauliflower Tossed Salad FF Dressing Pear Milk	13 Egg, Sausage and Cheese WG English Muffin Cubed Hash browns Banana Milk	14 Salisbury Steak Mashed Potato Bites Baby Carrots with Ranch WG Biscuit Apple Sauce Milk	15 Cheeseburger WG Bun Baked Beans Juice For U Orange Sections Milk	16 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
19 Chicken Nuggets Cooked Carrots WG Roll Apple Sauce Milk	20 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk	21 No School	22 No School	23 No School
26 Lasagna Roll up Green Beans WG Breadstick Apple Milk	27 Cheese Quesadilla Salsa and Sour Cream Refried Beans Corn Banana Milk	28 BBQ Chicken Breast WG Ciabatta Broccoli Cucumber Slices with Ranch Sidekick Milk	29 Hot Dog WG Bun French Fries Ketchup Steamed Carrots Pear Milk	30 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk

### 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**