

APRIL | 2019



St Rose School Lunch

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 Corn Dog Cooked Carrots Tossed Salad FF Dressing Juice Box Milk	2 Pepperoni Calzone Buttered Peas Cucumbers and Ranch Banana Milk	3 Cheese Omelet Biscuit Cubed hash Browns Juice 4 U Apple Milk	4 Beef Taco WG Tortilla Lettuce and Cheese Salsa and Sour Cream Refried Beans Pear Milk	5 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
8 Cheese Bread sticks Marinara Cup Buttered Corn Pear Milk	9 Baked Potato with butter Broccoli with Cheese sauce Yogurt Cup String Cheese WG Biscuit Banana Milk	10 Buffalo Chicken Sandwich Baby Carrots with Ranch Baked Beans Apple Sauce Milk	11 Meatball Sub American Cheese Potato Wedges Mixed Vegetables Orange Juice Milk	12 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
15 Chicken Tenders Steamed Cauliflower Tossed Salad FF Dressing Pear Milk	16 Egg, Sausage and Cheese WG English Muffin Cubed Hash browns Juice 4 U Banana Milk	17 Salisbury Steak Mashed Potato Bites Baby Carrots with Ranch WG Biscuit Apple Sauce Milk	18 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk	19 No School
22 No School	23 Sloppy Joe WG Bun Roasted Potatoes Cucumbers with Ranch Banana Milk	24 Oven Roasted Chicken WG Biscuit Cheesy Potatoes Mixed Vegetables Apple Milk	25 Walking Taco WG Doritos Lettuce and Cheese Salsa and Sour Cream Refried Beans Pear, Milk	26 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
29 Hot Dog WG Bun French Fries Ketchup Steamed Carrots Pear Milk	30 Chicken Taco WG Tortilla Lettuce and cheese Salsa and Sour Cream Refried Beans Fiesta Potatoes Banana	1	2	3

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