

NOVEMBER | 2021



Saint Rose School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Bagel/ Cream Cheese Yogurt cup Baby Carrots Fruitable Pear Milk	2 Beef Walking Taco Doritos Refried Beans Lettuce & Salsa Fruit Cup Milk	3 Turkey and Cheese Sandwich Steamed Carrots Cauliflower Florets Banana Milk	4 Meatloaf Sandwich Green Beans Celery Sticks Apple Sauce Milk	5 Pizza Broccoli Florets Ranch Apple WG Cookie Milk
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	1	2	3

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