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AUG - SEPT

St. Paschal



DAILY CHOICE OF FRUIT and/or VEGGIE!
Half of all grains are WHOLE GRAINS!
All ITEMS BAKED, 30% or less fat and 10% or less saturated fat!
Milk is 1% or FAT FREE!

Tuesday

Friday

WELCOME BACK!

21

**FRENCH TOAST STICKS WITH SYRUP
 POTATO TRIANGLE
 TURKEY SAUSAGE LINK
 CINNAMON APPLESAUCE**

**BUTTERED NOODLES
 GARLIC BREADSTICK
 FRESH VEGGIE CUP
 FRESH APPLE OR GRAPES**

23

**SLICE OF PIZZA ROMA
 CHEESE PIZZA
 Garden SALAD
 SOFT WHEAT PRETZEL STICK
 VANILLA PUDDING**

Cal 753
 T.Fat 20.49 G (24.5 %)
 S.Fat 5.6 G (6.7 %)
 Carb 121.27 G (64.4 %)
 Fiber 6.5 G

26

**CHICKEN NUGGETS
 SMILEY FACE
 POTATOES
 FRESH VEGGIE CUP
 RICE KRISPY TREAT**

27

**WALKING TACO w/ DORITOS
 Shred.Lettuce & Cheese
 CRAZY CORN
 MEXICAN RICE
 PINEAPPLE TIDBITS**

Brunch for Lunch!

**MAPLE BURNST'N MINI PANCAKES
 TURKEY SAUSAGE LINK
 POTATO TRIANGLE
 APPLESAUCE**

29

**BUTTERED NOODLES
 BOSCO CHEESY BREADSTICK
 FRESH VEGGIE CUP
 Strawberry Cup**

30

**SLICE OF PIZZA ROMA
 CHEESE PIZZA
 Garden SALAD
 SOFT WHEAT PRETZEL STICK
 CHOCOLATE PUDDING**

Cal 755
 T.Fat 20.13 G (24.0 %)
 S.Fat 6.2 G (7.4 %)
 Carb 116.91 G (62.0 %)
 Fiber 7.8 G

2

No School

3

**MINI CORN DOGS (chicken)
 SMILEY FACE
 POTATOES
 DICED PEACHES
 OREO COOKIES**

4

**EGGO Confetti mini Panca
 POTATO TRIANGLE
 TURKEY SAUSAGE LINK
 CINNAMON APPLESAUCE**

5

**BUTTERED NOODLES
 GARLIC BREADSTICK
 DICED PEARS
 BLUE RASPBERRY
 FRUIT JUICE BAR**

6

**SLICE OF PIZZA ROMA
 CHEESE PIZZA
 Garden SALAD
 SOFT WHEAT PRETZEL STICK
 VANILLA PUDDING**

Cal 713
 T.Fat 21.00 G (26.5 %)
 S.Fat 5.7 G (7.2 %)
 Carb 111.94 G (62.8 %)
 Fiber 7.2 G

9

**GARLIC CHEESE FRENCH BREAD
 Garden SALAD
 FRESH FRUIT OF THE DAY
 mini ICE CREAM

10

**Super Salad Bar
 SALAD BAR with POPCORN
 CHICKEN or TUNA SALAD
 FRESH VEGGIES and FRUIT
 FRESH FRUIT OF THE DAY
 ROLL**

11

**Brunch for Lunch!
 Eggo Mini Cinnamon Waffles
 POTATO TRIANGLE
 TURKEY SAUSAGE LINK
 CINNAMON APPLESAUCE**

12

**BUTTERED NOODLES
 BOSCO CHEESY BREADSTICK
 FRESH VEGGIE CUP
 Strawberry Cup**

13

**GIUSEPPE'S CHEESE PIZZA
 Garden SALAD
 SOFT WHEAT PRETZEL STICK
 CHOCOLATE PUDDING
 LOW FAT RANCH OR ITALIAN**

Cal 767
 T.Fat 21.85 G (25.6 %)
 S.Fat 7.5 G (8.8 %)
 Carb 115.51 G (60.2 %)
 Fiber 7.5 G

16

**CHICKEN NUGGETS
 Side BUTTERED NOODLES
 VEGGIE STICKS & Ranch
 FRESH FRUIT OF THE DAY**

17

**WALKING TACO w/ DORITOS
 Shred.Lettuce & Cheese
 CRAZY CORN
 MEXICAN RICE
 PINEAPPLE TIDBITS**

18

**FRENCH TOAST STICKS WITH SYRUP
 POTATO TRIANGLE
 TURKEY SAUSAGE LINK
 CINNAMON APPLESAUCE**

19

**PASTA W/ MEATBALLS
 BREADED MOZZARELLA STIX
 FRESH FRUIT OF THE DAY**

20

**SLICE OF PIZZA ROMA
 CHEESE PIZZA
 Garden SALAD
 SOFT WHEAT PRETZEL STICK
 VANILLA PUDDING**

Cal 761
 T.Fat 23.53 G (27.8 %)
 S.Fat 7.4 G (8.8 %)
 Carb 108.73 G (57.2 %)
 Fiber 6.8 G

23

**BAKED CHICKEN TENDERS with Sauce
 WHIPPED POTATOES /GRAVY
 ITALIAN GREEN BEANS
 FRESH FRUIT OF THE DAY**

24

**ALL BEEF HOT DOG
 FRENCH FRIES
 VEGGIE STICKS & Ranch
 SHAPE-UP FRUIT JUICE BAR**

25

**EGG McMUFFIN with cheese, sausage
 POTATO TRIANGLE
 CINNAMON APPLESAUCE
 YOPLAIT YOGURT**

26

**BUTTERED NOODLES
 GARLIC BREADSTICK
 VEGGIE STICKS
 FRESH FRUIT OF THE DAY**

27

**SLICE OF PIZZA ROMA
 CHEESE PIZZA
 Garden SALAD
 SOFT WHEAT PRETZEL STICK
 VANILLA PUDDING**

Cal 735
 T.Fat 23.43 G (28.7 %)
 S.Fat 7.7 G (9.4 %)
 Carb 106.67 G (58.1 %)
 Fiber 7.1 G

30

**BAKED CHICKEN PATTY ON WHEAT BUN
 BAKED POTATO CHIPS
 MANDARIN ORANGE SLICES
 SUGAR COOKIE

If your child has a severe food allergy, please review menu carefully and call 995-7835 for additional info. or ingredient listings.

Menus reviewed by
 Robin Smeal, RD, LD

Cal 794
 T.Fat 31.52 G (35.7 %)
 S.Fat 4.0 G (4.6 %)
 Carb 106.34 G (53.6 %)
 Fiber 6.8 G