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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!

**BUTTERED NOODLES
GARLIC BREADSTICK
FRESH VEGGIE CUP
DICED PEACHES**

Ranch dressing

**BUTTERED NOODLES
GARLIC BREADSTICK
FRESH VEGGIE CUP
DICED PEACHES**

Ranch dressing

**SLICE OF PIZZA ROMA
CHEESE PIZZA
VEGGIE STICKS & Ranch
SOFT WHEAT PRETZEL STICK
VANILLA PUDDING
LOW FAT RANCH OR ITALIAN**

Cal 769
T.Fat 20.90 G (24.5 %)
S.Fat 5.0 G (5.9 %)
Carb 122.08 G (63.5 %)
Fiber 7.6 G

**CHICKEN NUGGETS
SMILEY FACE
POTATOES
FRESH FRUIT OF THE DAY
SUGAR COOKIE

**MINI CORN DOGS (chicken)
BAKED CHEETOS
FRESH VEGGIE CUP
"CURIUS GEORGE"
FRUIT SNACK**

Brunch for Lunch!
**FRENCH TOAST STICKS
WITH SYRUP
POTATO TRIANGLE
TURKEY SAUSAGE LINK
CINNAMON APPLESAUCE**

**BUTTERED NOODLES
GARLIC BREADSTICK
FRESH VEGGIE CUP
DICED PEACHES**

Ranch dressing

**SLICE OF PIZZA ROMA
CHEESE PIZZA
VEGGIE STICKS & Ranch
SOFT WHEAT PRETZEL STICK
VANILLA PUDDING
LOW FAT RANCH OR ITALIAN**

Cal 731
T.Fat 22.44 G (27.6 %)
S.Fat 6.2 G (7.6 %)
Carb 111.54 G (61.0 %)
Fiber 5.2 G

No School

**BAKED CHICKEN TENDERS
with Sauce
SPUDSTER POTATO BITES
ORANGES
CRAZY CORN**

**Eggo Mini Cinnamon
Waffles
POTATO TRIANGLE
TURKEY SAUSAGE LINK
CINNAMON APPLESAUCE**

**BUTTERED NOODLES
GARLIC BREADSTICK
Strawberry Cup
OREO COOKIES**

**SLICE OF PIZZA ROMA
CHEESE PIZZA
VEGGIE STICKS & Ranch
SOFT WHEAT PRETZEL STICK
VANILLA PUDDING
LOW FAT RANCH OR ITALIAN**

Cal 772
T.Fat 20.29 G (23.7 %)
S.Fat 5.6 G (6.6 %)
Carb 125.45 G (65.0 %)
Fiber 7.6 G

**CHICKEN NUGGETS
BAKED SEASONED WEDGE
FRIES
FRESH VEGGIE CUP
RICE KRISPY TREAT**

Ranch dressing

**ALL BEEF HOT DOG
FRENCH FRIES
FRESH VEGGIE CUP
BLUE RASPBERRY
FRUIT JUICE BAR**

Ranch dressing

Brunch for Lunch!
**MAPLE BURNST'N MINI
PANCAKES
TURKEY SAUSAGE LINK
POTATO TRIANGLE
APPLESAUCE**

**BUTTERED NOODLES
GARLIC BREADSTICK
FRESH VEGGIE CUP
Strawberry Cup**

**SLICE OF PIZZA ROMA
CHEESE PIZZA
VEGGIE STICKS & Ranch
SOFT WHEAT PRETZEL STICK
VANILLA PUDDING
LOW FAT RANCH OR ITALIAN**

Cal 758
T.Fat 23.93 G (28.4 %)
S.Fat 6.7 G (8.0 %)
Carb 115.37 G (60.9 %)
Fiber 6.3 G

**GARLIC CHEESE FRENCH
BREAD
VEGGIE STICKS
FRESH FRUIT OF THE DAY
GOLDFISH GRAHAMS**

Ranch dressing

**GRILLED CHEESE SANDWICH
TATER TOTS
SLICED APPLES
CHOCOLATE CHIP COOKIES**

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

**BUTTERED NOODLES
GARLIC BREADSTICK
FRESH VEGGIE CUP
DICED PEACHES**

Ranch dressing

**SLICE OF PIZZA ROMA
CHEESE PIZZA
VEGGIE STICKS & Ranch
SOFT WHEAT PRETZEL STICK
VANILLA PUDDING
LOW FAT RANCH OR ITALIAN**

Cal 739
T.Fat 23.91 G (29.1 %)
S.Fat 7.5 G (9.1 %)
Carb 106.58 G (57.7 %)
Fiber 6.4 G

**NACHOS W/ CHEESE SAUCE
FRESH FRUIT OF THE DAY
FRESH VEGGIE CUP
**mini ICE CREAM
SANDWICH**

**CHEESEBURGER
BAKED POTATO CHIPS
VEGGIE STICKS
FRESH FRUIT OF THE DAY**

Ranch dressing

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

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