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**Happy
New
Year!**

St. Paschal

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
11 NACHOS W/ CHEESE SAUCE FRESH FRUIT OF THE DAY VEGGIE STICKS **CHOC CHIP COOKIE .	12 GRILLED CHEESE SANDWICH TATER TOTS VEGGIE STICKS ORCHARD FRUIT SNACKS w/ 100% Vitamin C .	13 FRENCH TOAST STICKS WITH SYRUP POTATO TRIANGLE TURKEY SAUSAGE LINK CINNAMON APPLESAUCE . Brunch for Lunch!	14 BUTTERED NOODLES GARLIC BREADSTICK FRESH VEGGIE CUP SLICED APPLES . Ranch dressing	15 SLICE OF PIZZA ROMA CHEESE PIZZA SOFT WHEAT PRETZEL STICK Garden SALAD CHOCOLATE PUDDING .	<i>Cal</i> 738 <i>T.Fat</i> 21.49 G (26.2 %) <i>S.Fat</i> 6.7 G (8.2 %) <i>Carb</i> 113.93 G (61.8 %)
18  No School	19 CHICKEN NUGGETS SMILEY FACE POTATOES FRUIT CUP **mini ICE CREAM SANDWICH .	20 MAPLE BURNST'N MINI PANCAKES TURKEY SAUSAGE LINK POTATO TRIANGLE APPLESAUCE .	21 BUTTERED NOODLES GARLIC BREADSTICK MANDARIN ORANGE SLICES RICE KRISPY TREAT .	22 MASTER'S Cheese Pizza SOFT WHEAT PRETZEL STICK DICED PEACHES CHOCOLATE PUDDING .	<i>Cal</i> 706 <i>T.Fat</i> 17.53 G (22.3 %) <i>S.Fat</i> 5.3 G (6.8 %) <i>Carb</i> 116.17 G (65.8 %)
25 BAKED CHICKEN TENDERS CHEESY MAC AND CHEESE FRESH VEGGIE CUP SLICED APPLES .	26 CHICKEN QUESADILLA PIZZA CRAZY CORN MEXICAN RICE PINEAPPLE TIDBITS .	27 EGG McMUFFIN with cheese, sausage POTATO TRIANGLE CINNAMON APPLESAUCE YOPLAIT YOGURT .	28 BUTTERED NOODLES GARLIC BREADSTICK FRESH VEGGIE CUP FRESH FRUIT OF THE DAY . Ranch dressing	29 SLICE OF PIZZA ROMA CHEESE PIZZA SOFT WHEAT PRETZEL STICK Garden SALAD CHOCOLATE PUDDING .	<i>Cal</i> 712 <i>T.Fat</i> 19.57 G (24.7 %) <i>S.Fat</i> 6.6 G (8.4 %) <i>Carb</i> 104.85 G (58.9 %)
					Menus reviewed by Robin Smeal, RD, LD

Menus subject to change, especially if calamity days are called

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