



# St Paschal


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Monday	Tuesday	Wednesday	Thursday		
2 <b>BAKED CHICKEN TENDERS</b> <b>SPUDSTER POTATO BITES</b> <b>FRESH VEGGIE CUP</b> <b>RED GRAPES</b> Ranch dressing .	3 <b>GRILLED CHEESE SANDWICH</b> <b>TATER TOTS</b> <b>FRESH FRUIT OF THE DAY</b> **mini ICE CREAM SANDWICH .	4 <b>FRENCH TOAST STICKS WITH SYRUP</b> <b>POTATO TRIANGLE</b> <b>TURKEY SAUSAGE LINK</b> <b>CINNAMON APPLESAUCE</b> .	5 <b>BUTTERED NOODLES</b> <b>GARLIC BREADSTICK</b> <b>VEGGIE STICKS &amp; Ranch</b> <b>ORANGES</b> .	6 <b>SLICE OF PIZZA ROMA</b> <b>CHEESE PIZZA</b> <b>SOFT WHEAT PRETZEL STICK</b> Garden SALAD <b>VANILLA PUDDING</b> .	Cal 748 T.Fat 23.17 G (27.9 %) S.Fat 7.1 G (8.6 %) Carb 111.37 G (59.5 %) Prtn 26.23 G (14.0 %)
9 <b>WALKING TACO w/ DORITOS</b> Shred.Lettuce & Cheese <b>CRAZY CORN</b> <b>MEXICAN RICE</b> <b>PINEAPPLE TIDBITS</b> .	10 <b>BAKED CHICKEN PATTY ON WHEAT BUN</b> <b>SMILEY FACE</b> <b>POTATOES</b> <b>FRESH VEGGIE CUP</b> <b>SLICED APPLES</b> .	11 Brunch for Lunch! Eggo Mini Cinnamon Waffles <b>POTATO TRIANGLE</b> <b>TURKEY SAUSAGE LINK</b> <b>CINNAMON APPLESAUCE</b> .	12 <b>BUTTERED NOODLES</b> <b>BOSCO CHEESY</b> <b>BREADSTICK</b> <b>VEGGIE STICKS &amp; Ranch</b> <b>FRESH APPLE</b> .	13 <b>MASTER'S Cheese Pizza</b> <b>SOFT WHEAT PRETZEL STICK</b> Garden SALAD <b>VANILLA PUDDING</b> . <b>LOW FAT RANCH OR</b>	Cal 755 T.Fat 22.14 G (26.4 %) S.Fat 6.5 G (7.8 %) Carb 110.63 G (58.6 %) Prtn 29.09 G (15.4 %)
16 <b>FRENCH TOAST STICKS WITH SYRUP</b> <b>POTATO TRIANGLE</b> <b>TURKEY SAUSAGE LINK</b> <b>CINNAMON APPLESAUCE</b> .	17 <b>BUTTERED NOODLES</b> <b>GARLIC BREADSTICK</b> <b>VEGGIE STICKS &amp; Ranch</b> <b>ORANGES</b> .	18 <b>MASTER'S Cheese Pizza</b> <b>SOFT WHEAT PRETZEL STICK</b> Garden SALAD <b>CHOCOLATE PUDDING</b> . <b>LOW FAT RANCH OR</b>	19 <b>BAKED CHICKEN TENDERS</b> <b>BAKED POTATO CHIPS</b> <b>SLICED APPLES</b> **SUGAR COOKIE .	20 <b>NO School</b>	Cal 725 T.Fat 21.72 G (27.0 %) S.Fat 5.1 G (6.4 %) Carb 109.25 G (60.3 %) Prtn 24.40 G (13.5 %)
23 <b>GARLIC CHEESE FRENCH BREAD</b> <b>VEGGIE STICKS &amp; Ranch</b> <b>SLICED APPLES</b> <b>CINNAMON TEDDY GRAHAMS</b> .	24 <b>CHEESEBURGER</b> <b>FRENCH FRIES</b> <b>FRESH VEGGIE CUP</b> <b>FRESH FRUIT OF THE DAY</b> Ranch dressing .	25 <b>EGG McMUFFIN</b> with cheese, sausage <b>POTATO TRIANGLE</b> <b>CINNAMON APPLESAUCE</b> <b>YOPLAIT YOGURT</b> .	26 <b>BUTTERED NOODLES</b> <b>GARLIC BREADSTICK</b> <b>VEGGIE STICKS &amp; Ranch</b> <b>ORANGES</b> .	27 <b>SLICE OF PIZZA ROMA</b> <b>CHEESE PIZZA</b> <b>SOFT WHEAT PRETZEL STICK</b> Garden SALAD <b>VANILLA PUDDING</b> .	Cal 768 T.Fat 25.36 G (29.7 %) S.Fat 8.8 G (10.3 %) Carb 106.04 G (55.3 %) Prtn 29.65 G (15.4 %)
30  <b>NO School</b>	31 <b>Mini Corn Dogs (turkey)</b> <b>CHEESY MAC AND CHEESE</b> <b>FRESH VEGGIE CUP</b> <b>FRESH FRUIT OF THE DAY</b> Ranch dressing .				

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