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Aug- September

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		Wednesday		Thursday		Friday	
22	23	24	25	26	27	28	29
WELCOME BACK!		Eggo Mini Cinnamon Waffles POTATO TRIANGLE TURKEY SAUSAGE LINK CINNAMON APPLESAUCE . Brunch for Lunch!	BUTTERED NOODLES GARLIC BREADSTICK VEGGIE STICKS & Ranch SLICED APPLES . .	SLICE OF PIZZA ROMA CHEESE PIZZA SOFT WHEAT PRETZEL STICK Garden SALAD CHOCOLATE PUDDING . LOW FAT RANCH OR ITALIAN	T.Fat 18.50 G (24.1 %) S.Fat 5.3 G (6.9 %) Carb 108.71 G (62.8 %)		
29	30	31	1	2	3	4	5
CHICKEN NUGGETS SMILEY FACE POTATOES FRESH VEGGIE CUP DICED PEACHES .	GRILLED CHEESE SANDWICH TATER TOTS FRESH FRUIT OF THE DAY **SUGAR COOKIE .	EGG McMUFFIN with cheese, sausage POTATO TRIANGLE CINNAMON APPLESAUCE YOPLAIT YOGURT .	BUTTERED NOODLES GARLIC BREADSTICK VEGGIE STICKS & Ranch ORANGES .	SLICE OF PIZZA ROMA CHEESE PIZZA SOFT WHEAT PRETZEL STICK Garden SALAD VANILLA PUDDING . LOW FAT RANCH OR ITALIAN	T.Fat 21.83 G (27.5 %) S.Fat 7.7 G (9.7 %) Carb 104.82 G (58.6 %)		
5	6	7	8	9	10	11	12
No School	Mini Corn Dogs (turkey) CHEESY MAC AND CHEESE FRESH VEGGIE CUP DICED PEACHES **mini ICE CREAM SANDWICH	Eggo Mini Cinnamon Waffles POTATO TRIANGLE TURKEY SAUSAGE LINK CINNAMON APPLESAUCE . Brunch for Lunch!	BUTTERED NOODLES BREADED MOZZARELLA STIX Marinara Sauce FRESH FRUIT OF THE DAY .	SLICE OF PIZZA ROMA CHEESE PIZZA SOFT WHEAT PRETZEL STICK Garden SALAD CHOCOLATE PUDDING . LOW FAT RANCH OR ITALIAN	T.Fat 21.51 G (26.1 %) S.Fat 7.0 G (8.4 %) Carb 113.80 G (61.3 %)		
12	13	14	15	16	17	18	19
GRILLED CHEESE SANDWICH TATER TOTS VEGGIE STICKS & Ranch SHAPE-UP FRUIT JUICE BAR .	SALAD BAR with POPCORN CHICKEN or TUNA SALAD FRESH VEGGIES and FRUIT FRESH FRUIT OF THE DAY ROLL .	MAPLE BURNST'N MINI PANCAKES TURKEY SAUSAGE LINK POTATO TRIANGLE APPLESAUCE .	BUTTERED NOODLES BOSCO CHEESY BREADSTICK VEGGIE STICKS & Ranch FRESH APPLE .	MASTER'S Cheese Pizza SOFT WHEAT PRETZEL STICK Garden SALAD VANILLA PUDDING . LOW FAT RANCH OR ITALIAN	T.Fat 21.46 G (26.1 %) S.Fat 7.2 G (8.7 %) Carb 108.76 G (58.7 %)		
19	20	21	22	23	24	25	26
BAKED CHICKEN TENDERS SMILEY FACE POTATOES FRESH VEGGIE CUP MANDARIN ORANGE SLICES Ranch dressing .	CHEESEBURGER FRENCH FRIES DICED PEARS **SUGAR COOKIE .	FRENCH TOAST STICKS WITH SYRUP POTATO TRIANGLE TURKEY SAUSAGE LINK CINNAMON APPLESAUCE .	BUTTERED NOODLES GARLIC BREADSTICK VEGGIE STICKS & Ranch ORANGES .	SLICE OF PIZZA ROMA CHEESE PIZZA SOFT WHEAT PRETZEL STICK Garden SALAD CHOCOLATE PUDDING . LOW FAT RANCH OR ITALIAN	T.Fat 25.23 G (29.2 %) S.Fat 7.4 G (8.6 %) Carb 112.76 G (57.9 %)	Menus reviewed by Robin Smeal, RD, LD	
26	27	28	29	30	31		
GARLIC CHEESE FRENCH BREAD VEGGIE STICKS & Ranch SLICED APPLES **CHOC CHIP COOKIE .	WALKING TACO w/ DORITOS Shred.Lettuce & Cheese CRAZY CORN MEXICAN RICE PINEAPPLE TIDBITS .	EGG McMUFFIN with cheese, sausage POTATO TRIANGLE TURKEY SAUSAGE LINK CINNAMON APPLESAUCE .	BUTTERED NOODLES GARLIC BREADSTICK VEGGIE STICKS & Ranch ORANGES .	SLICE OF PIZZA ROMA CHEESE PIZZA SOFT WHEAT PRETZEL STICK Garden SALAD VANILLA PUDDING . LOW FAT RANCH OR ITALIAN		If your child has a severe food allergy, please review menu carefully and call 995-7835 for additional info. or ingredient listings.	