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# St. Paschal

Menus subject to change

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
			1 BUTTERED NOODLES BREADED MOZZARELLA STIX Marinara Sauce FRESH VEGGIE CUP DICED PEACHES .	2 SLICE OF PIZZA ROMA CHEESE PIZZA SOFT WHEAT PRETZEL STICK Garden SALAD CHOCOLATE PUDDING .	Cal 797 T.Fat 21.52 G (24.3 %) S.Fat 6.4 G (7.2 %) Carb 123.81 G (62.1 %) Prtn 28.45 G (14.3 %)
5 BAKED CHICKEN TENDERS SMILEY FACE POTATOES FRESH APPLE OR GRAPES ITALIAN LEMON ICE .	6 ALL BEEF HOT DOG TATER TOTS DICED PEACHES **CHOC CHIP COOKIE .	7 FRENCH TOAST STICKS WITH SYRUP POTATO TRIANGLE TURKEY SAUSAGE LINK CINNAMON APPLESAUCE .	8 BUTTERED NOODLES GARLIC BREADSTICK ORANGES VEGGIE STICKS & Ranch .	9 SLICE OF PIZZA ROMA CHEESE PIZZA SOFT WHEAT PRETZEL STICK Garden SALAD VANILLA PUDDING . LOW FAT RANCH OR ITALIAN	Cal 740 T.Fat 22.42 G (27.2 %) S.Fat 6.6 G (8.0 %) Carb 112.66 G (60.9 %) Prtn 24.40 G (13.2 %)
12 CHICKEN NUGGETS SPUDSTER POTATO BITES VEGGIE STICKS & Ranch OREO COOKIES Ranch dressing .	13 CHEESEBURGER FRENCH FRIES RED GRAPES FRESH VEGGIE CUP .	14 EGG McMUFFIN with cheese, sausage POTATO TRIANGLE FROZEN STRAWBERRY YOGURT CUP CINNAMON APPLESAUCE	15 BUTTERED NOODLES BOSCO CHEESY BREADSTICK VEGGIE STICKS & Ranch FRESH APPLE .	16 SLICE OF PIZZA ROMA CHEESE PIZZA SOFT WHEAT PRETZEL STICK Garden SALAD CHOCOLATE PUDDING .	Cal 793 T.Fat 27.14 G (30.8 %) S.Fat 9.4 G (10.6 %) Carb 107.93 G (54.4 %) Prtn 30.54 G (15.4 %)
19 BUTTERED NOODLES GARLIC BREADSTICK ORANGES **SUGAR COOKIE .	20 MASTER'S Cheese Pizza SOFT WHEAT PRETZEL STICK Garden SALAD VANILLA PUDDING . LOW FAT RANCH OR ITALIAN	21	22	23 <b>Merry Christmas!</b>	
26	27  <b>Winter Break!</b>	28	29	30	

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