



**Happy
New
Year!**


St. Paschal



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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
		4 Eggo Mini Cinnamon Waffles POTATO TRIANGLE TURKEY SAUSAGE LINK CINNAMON APPLESAUCE	5 BUTTERED NOODLES GARLIC BREADSTICK ORANGES OREO COOKIES	6 SLICE OF PIZZA ROMA CHEESE PIZZA SOFT WHEAT PRETZEL STICK Garden SALAD CHOCOLATE PUDDING	Cal 701 T.Fat 18.56 G (23.8 %) S.Fat 5.5 G (7.0 %) Carb 110.93 G (63.3 %)
9 BAKED CHICKEN TENDERS FRENCH FRIES FRESH FRUIT OF THE DAY RICE KRISPY TREAT	10 WALKING TACO w/ DORITOS Shred.Lettuce & Cheese CRAZY CORN MEXICAN RICE PINEAPPLE TIDBITS	11 Brunch for Lunch! MAPLE BURNST'N MINI PANCAKES TURKEY SAUSAGE LINK POTATO TRIANGLE APPLESAUCE	12 BUTTERED NOODLES BOSCO CHEESY BREADSTICK VEGGIE STICKS & Ranch FRESH APPLE	13 SLICE OF PIZZA ROMA CHEESE PIZZA SOFT WHEAT PRETZEL STICK Garden SALAD VANILLA PUDDING	Cal 751 T.Fat 20.88 G (25.0 %) S.Fat 6.2 G (7.4 %) Carb 112.66 G (60.0 %)
16  No School	17 Mini Corn Dogs (turkey) SMILEY FACE POTATOES DICED PEACHES **SUGAR COOKIE	18 FRENCH TOAST STICKS WITH SYRUP POTATO TRIANGLE TURKEY SAUSAGE LINK CINNAMON APPLESAUCE	19 BUTTERED NOODLES GARLIC BREADSTICK ORANGES OREO COOKIES	20 SLICE OF PIZZA ROMA CHEESE PIZZA SOFT WHEAT PRETZEL STICK Garden SALAD CHOCOLATE PUDDING	Cal 760 T.Fat 21.37 G (25.3 %) S.Fat 5.7 G (6.8 %) Carb 120.86 G (63.6 %)
23 GRILLED CHEESE SANDWICH TATER TOTS FRESH VEGGIE CUP BLUE RASPBERRY FRUIT JUICE BAR Ranch dressing	24 SALAD BAR with POPCORN CHICKEN or TUNA SALAD FRESH VEGGIES and FRUIT FRESH FRUIT OF THE DAY ROLL	25 EGG McMUFFIN with cheese, sausage POTATO TRIANGLE FROZEN STRAWBERRY YOGURT CUP CINNAMON APPLESAUCE	26 BUTTERED NOODLES BREADED MOZZARELLA STIX Marinara Sauce FRESH VEGGIE CUP DICED PEACHES	27 MASTER'S Cheese Pizza SOFT WHEAT PRETZEL STICK Garden SALAD VANILLA PUDDING	Cal 763 T.Fat 23.16 G (27.3 %) S.Fat 8.6 G (10.1 %) Carb 109.25 G (57.3 %)
30 CHICKEN NUGGETS CHEESY MAC AND CHEESE FRESH VEGGIE CUP RED GRAPES	31 MEXICAN PIZZA CRAZY CORN MEXICAN RICE PINEAPPLE TIDBITS			Menus subject to change due to supply issues	Cal 708 T.Fat 20.68 G (26.3 %) S.Fat 3.7 G (4.7 %) Carb 95.73 G (54.1 %)

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