



St. Peter School, Quincy IL



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

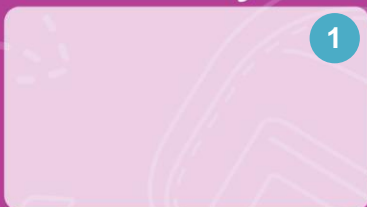
Monday

Tuesday

Wednesday

Thursday

Friday



7
CORN DOG
BAKED BEANS
CARROT/CELERY STIX
DICED PEACHES

8
CHEESY BEEF NACHO
BUTTERED CORN
SALSA /SHERBERT CUP
APPLE SLICES/DIP

9
CHEESE PIZZA
SPINACH SALAD
COTTAGE CHEESE CUP
MIXED FRUIT/COOKIE

10
ORANGE CHICKEN
SEASONED RICE
VEGGY ROLL
CHINESE COOKIE/PEARS

11
COLD CEREAL/MILK
SLICED BANANA
BOILED EGG
APPLE BOSCO STIX

14
CHICKEN PATTY ON BUN
FRENCH FRIES
BUTTERED CARROTS
APPLESAUCE

15
SPAGHETTI/MEAT SAUC.
TOSS SALAD
FROZEN FRUIT CUP
DINNER ROLL

16
Chicken nuggets/dip
MAC AND CHEESE
SEASONED GREEN BEANS
MANDERINE ORANGES

17
HOT DOG /BUN
COWBOY CORN
VEGGIE BOAT, CHIPS
PINEAPPLE TID BITS

18
PANCAKES/SYRUP
SAUSAGE LINKS, HARD BOILED
EGGS, BLUEBERRY YOGURT
CUPS, VEGGY JUICE

21
NO
SCHOOL

22
CHICKEN ALFREDO
BUTTERED SWEET CARROTS
GARLIC BREAD STICK
ORANGE SLICES / COOKIE

23
POTATO BAR, HAM/
CHEESE/BROCOLLI,
CUCUMBERS/CHERRY TOM.
JELLO CUBES, PEACHES

24
BBQ RIB ON BUN
TATOR WEDGES
CALIFORNIA VEGGIES
PUDDING, MIXED FRUIT

25
CHICKEN W/ WAFFLES
HASH ROUNDS
HARD BOILED EGG
FRESH GRAPES, VEGGIE JUICE

28
SCRAMBLED EGGS W/
BACON, SMILEY FRIES
FUNNEL CAKE
PEARS, JUICE

29
VEGGIE BEEF SOUP
½ GRILLED CHEESE SAND.
CRACKERS
MIXED FRUIT CUP

30
CHICKEN & NOODLES
BUTTERED PEAS
BOSCO STICK
TROPICAL FRUIT

31
CHEESEBURGER ON BUN
GREEN BEANS
KRINKLE FRIES
CINNAMON APPLESauce

