



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

HOT DOG/BUN
MAC&CHEESE
SEASONED PEAS
APPLE SLICES

4

HOT HAM/CHEESE WRA
VEGGIE BOATS/DIP
BAKED CHIPS
GRAPES/ PUDDING

5

TACO SALAD
SALSA
REFRIED BEANS
PINEAPPLE CHUNKS

6

CHIX NUGGETS
MASHED TATORS/GRAVY
GREEN BEANS /PEACHES
DINNER ROLL

7

COLD CEREAL/MILK
HARD BOILED EGG
FRESH FRUIT CUP
DOUGHNUT/VEGGY JUICE

1

SCRAMBLED EGG/CHEES
YOGURT w/FRUIT
CINNOMON ROLL
VEGGY JUICE /BACON

8

CHEESE PIZZA
SPINACH SALAD
PEARS
SHERBERT CUP

11

MINI CORN DOG
COWBOY CORN
WAFFLE FRIES
TROPICAL FRUIT

12

CHILI w/CORN CHIPS
JAMMERS
VEGGY BOAT/DIP
MANDERINE ORANGES

13

GRILLED CHIX PATTY
SCALLOPED TATORS
CALIFORNIA VEGGIES
BLUSHING PEARS/COOKIE

14

PANCAKES/SYRUP
SAUSAGE LINK
WARM CINNOMON APPLES
VEGGIE JUICE

15

PULLED PORK NACHO
BROCCOLI/CHEESE SAUCE
TRIX YOGURT
MIXED FRUIT

18

SPAGHETTI/MEAT SAUCE
TOSS SALAD
FROZEN FRUIT CUP
GARLIC BREAD

19

HAMBURGER /BUN
SWEET TATOR PUFFS
FRUIT COCKTAIL
COOKIE

20

TOASTED RAVIOLI/SAUCE
ITALIAN VEGGIES
BOSCO STICK
APPLESAUCE/CAKE

21

CHEESE OMELET/SAUSAGE
HASH ROUNDS
DOUGHNUT HOLE
BANANA/VEGGY JUICE

22

NACHO LITTLE BITES
SALSA/PINTO BEANS
DICED PEARS/COOKIE

25

CHICKEN NOODLE SOUP
½ GRILLED CHEESE SAND.
ASSORTED FRESH VEGGIES
PEACHES

26

BBQ BEEF SLIDER
CHEESY TATORS
BAKED BEANS
ORANGE SLICES

27

4/CHEESE GARLIC BREAD
MARINARA SAUCE
LETTUCE SALAD
GRAPES

28

