

April 2019

St. Peter School

LUNCH



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

1
Hot Dog /Bun
Baked Beans
Carrots/Celery Sticks
Peaches

2
Chicken Alfredo
Green Beans
Bread Sticks
Mixed Fruit

3
Cheeseburger/Bun
Curly Fries
Toss Salad/Bar
Grapes

4
Chicken Strips
Mashed Potatoes & Gravy
Buttered Carrots
Tropical Fruit
Yogurt

5
French Toast Sticks
Hashbrowns
Hard Boiled Egg
Veggie Juice
Orange Slices

8
BBQ Pork Nachos
Cowboy Beans
Apple Slices
Cookie

9
Spaghetti/Meat Sauce
Romaine Salad Bar
Garlic Bread
Mandarin Oranges

10
Walking Tacos/Fritos
Cheese/Salsa
Refried Beans
Pears

11
Chicken Patty/Bun
Broccoli/Cheese Sauce
French Fries
Pineapple Tidbits

12
Scrambled Eggs
Hashbrown
Funnel Cake/Peaches
Veggie Juice

15
Mini Corn Dog
Curly Fries
Mixed Veggies
Strawberry Applesauce

16
Pepperoni Pizza
Romaine Salad
Pears/Cookie
Sherbet Cup

17
Sweet/Sour Chicken
Confetti Veggies
Egg Roll/Fortune
Cookie/ Fruit Cup

18
No School

19
No School

22
No School

23
Salisbury Steak
Mashed Potatoes and Gravy
Seasoned Corn
Strawberries

24
Chicken Nuggets
Mac & Cheese
Green Beans
Warm Sweet Apples

25
Beef Sliders
Smiley Fries
Spinach Salad/Bar
Fruit Cup

26
Cold Cereal/Fruit Loop
Lucky Charms
Doughnut Holes
Hard Boiled Egg
Banana

29
Cheese Pizza
Spinach Salad
Banana Bread /Peaches
Ice Cream Cup

30
Pony Shoe
Veggie Boat/Dip
Frozen Fruit Cup
Brownies

