



St. Peter School, Quincy IL



Fitness Tip: MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety.

Monday



Tuesday



Wednesday

Thursday

Friday

1
SOFT PRETZEL W/ CHEESE SAUCE
VEGGY BOAT/DIP
JELLO
FRUIT CUP
COOKIE
CHEESE STCKS

2
HOT DOG ON BUN
CURLEY FRIES
CELERY & CARROT STICKS
APPLESAUCE

3
FRENCH TOAST/SYRUP
BACON
HARD BOILED EGG
MANDARIN ORANGES
VEGGY JUICE

6
BEEFY CHEESEY NACHO
SALSA/SOUR CREAM
COWBOY BEANS
MIXED FRUIT

7
SPAGHETTI W/ MEAT SAUCE
GREEN BEANS
BREAD STICKS
PINEAPPLE TIDBITS

8
TURKEY SUBS W/ CHEESE
BAKED CHIPS
VEGGY BOATS/DIP
PEARS/ COOKIE

9
CHICKEN NUGGETS
MASHED TATORS/GRAVY
BUTTERED CORN
STRAWBERRY APPLESAUCE

10
WAFFLE BISCUIT/EGG/CHEESE
SAUSAGE PATTY
TRI TATORS/ PEACHES
VEGGY JUICE

13
4/CHEESE GARLIC BREAD
SPINACH SALAD
DICED PEARS
MARNARA SAUCE

14
SOFT TACO/CHEESE
LETTUCE/SALSA/SOUR CREAM
REFRIED BEANS
FROZEN FRUIT CUP

15
MINI CORN DOGS
BAKED BEANS
VEGGY BOAT/DIP
CINNAMON APPLESAUCE

16
CHICKEN PATTY / BUN
TATOR CHIPS
MIXED VEGGIES
PEACHES
LETTUCE/TOM

17
MINI PANCAKES/SYRUP
SAUSAGELINK
HARD BOILED EGG
ORANGE SLICES/VEGGY JUICE

20
CHEESE PIZZA CRUNCHERS
SALAD BAR
TROPICAL FRUIT
ICE CREAM TREAT

21
BBQ RIB ON BUN
FRENCH FRIES
PINTO BEANS
PEARS
CHEESE STICKS

22
BURGER ON BUN
TATOR TOTS
COOKED BUTTERED CARROTS
MIXED FRUIT/COOKIE

23
CHICKEN STRIPS/DIP
SEASONED RICE
GREEN BEANS
PEACHES

24
SAUSAGE GRAVY/BISCUIT
HASH ROUNDS
CINNAMON APPLESAUCE
VEGGY JUICE

27
NO SCHOOL

28
CHEESE OMELET
TATOR NUGGETS
CINNAMON ROLL/BANANA
VEGGY JUICE

29
CHOICE OF COLD CEREAL
MILK / HARD BOILED EGG
FRUIT CUP/LONG JOHNS
VEGGY JUICE

30
LUNCH MEAT WRAPS/CHEESE
SUN CHIPS
VEGGIE BOATS/DIP
GRAPES

31
SACK LUNCH/JAMMERS
CHIPS/CARROT STICKS
COOKIES
APPLESLICES /JUICE BOX