



St. Peter School, Quincy IL



Nutrition Tip: With September being Whole Grains month try increasing your whole grain intake by snacking on ready-to-eat whole grain cereals, whole grain crackers or popcorn.

Reference: USDA MyPlate



Monday

2

Tuesday

3

Wednesday

4

Thursday

5

Friday

6

HOT DOG/BUN
CURLEY FRIES
BAKED BEANS
MIXED FRUIT

BEEFY CHEESY NACHOS
GREEN BEANS
JELLO CUBES/FRUIT CUP
CHEESE CUP

CHICKEN ALFREDO
ROMAINE SALAD
ICE CREAM CUP/PEARS
GARLIC BREAD

FRENCH TOAST STIX
BACON
HARD BOILED EGG
JUICE/FRESH ORANGES

4/CHEESE GARLIC BREAD
SPINACH SALAD
FROZEN FRUIT CUP

BBQ BEEF/BUN
TATOR PUFFS
CARROT/CELERY STIX
ROSEY APPLE SAUCE
MINI OREA COOKIES

CHICKEN NUGGETS
MASHED TATORS/GRAVY
BUTTERED CORN
ANGELFOOD CAKE/FRUIT
TOPPING

MAC/CHEESE WITH BBQ
CHICKEN
CALIFORNIA VEGGIES
MANDERINE ORANGES
DINNER ROLL

COLD CEREAL/MILK
½ BANANA
HARD BOILED EGG
APPLE BOSCO STIX
SIDE KICK JUICE

HAMBURGER/BUN
FRENCH FRIES
BUTTERED CARROTS
PINEAPPLE/W CHERRIES

SPAGHETTI/W MEAT
SAUCE
TOSS SALAD/BREAD STIX
FROZEN FRUIT CUP

BAKED TATOR BAR
CHEEZY BROCCOLI
DICED HAM/FRESH
GRAPES
FROSTED BROWNIES

SALISBURY STEAK
MASHED TATOR/GRAVY
MIXED VEGGIES
FRUIT COCKTAIL DINNER
ROLL

PANCAKES/SYRUP
SAUSAGE PATTY
TRI TATORS
PEARS/JUICE

CHICKEN PATTY/BUN
BAKED CHIPS
BUTTERED PEAS
ORANGE SLICES
CHEESE STIX

SPECIAL SACK LUNCH
HAM/CHEESE ROLLUP
CHIPS/COOKIE
FRUIT BITES /JUICEBOX

CHICKEN NOODLE SOUP
GRILLED CHEESE
SANDWICH
VEGGY BOAT/DIP
DICED PEACHES

CHEESE PIZZA
ROMAINE SALAD
FROZEN FRUIT CUP
CHOCOLATE CAKE

CHEEZY SCRAMBLED EGGS
WITH BACON
HASH ROUNDS
BERRY CUP
DOUGHNUT HOLE/JUICE

CHICKEN DRUMMIES
SEASONED RICE
BROCCOLI/CAULIFLOWER
/CHEESE SAUCE
FRUIT CUP



