



St. Peter School



Nutrition Tip: Make half your plate veggies and fruits.

Vegetables and fruits are full of nutrients that support good health. Choose fruits and red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.



Reference: USDA MyPlate

Monday

Tuesday

Wednesday

Thursday

Friday

1
Spaghetti/Meat Sauce
Toss Salad
Diced Peaches
Garlic Bread

2
Cheese Pizza
Italian Blend Veggies
Choc Chip Cookies
Apple Slices/Dip

3
Cheesy Filled Pretzel Sticks
Seasoned Green Beans
Frozen Fruit Cup
Carrot Sticks/Dip

4
Sausage Gravy/ Biscuit
Tri-Tators
Fresh Orange Slices
Side kick Juice

7
Hot Dog On Bun
Baked Beans
Fritos
Diced Pears
Animal Cookies

8
Hot Ham/Cheese on Pretzel Bun
Veggie Boat/ Dip
Applesauce
Ice Cream Cups

9
Breakfast Bosco Sticks
Tator Puffs
Trix Yogurt
Side Kick Juice
Doughnut holes

10
NO SCHOOL

11
NO SCHOOL

14
Cold Cereal /Milk
Hard Boil Egg
Frosted Long John
Frozen Fruit Cup

15
Corn Dogs
Cowboy Corn
Baked Chips
Sliced Bananas
Carrot Sticks/Dip

16
Orange Chicken
Seasoned Rice
Oriental Veggies
Pineapple Tidbits
Fortune Cookie

17
Veggie Beef Soup
Cheese and Crackers
Fudge Strip Cookie
Mixed Fruit

18
Flap Stix/Syrup
Go-Gurt/Hard Boiled Egg
Doughnut Holes
Tropical Fruit
Side Kick Juice

21
Cheeseburger Meatloaf
Mashed Tators/Gravy
Sweet Peas
Rosy Applesauce
Dinner Roll

22
Chicken Nuggets
Mac and Cheese
Mixed Veggies
Grapes
Carrot Sticks/Dip

23
Walking Taco /Cheese lettuce/ Salsa
Refried Beans
Spanish Rice
Sherbet Cup/ Fruit Cup

24
Hash Brown Stacker -
Hash Brown Topped W/
Seasoned Ground Beef & Cheese
Cream Corn
Yogurt w Fruit

25
Scrambled Egg w/Cheese
Sausage Link
Warm Blueberry Muffin
Mandarin Oranges
Side Kick Juice

28
Sloppy Joe/Bun
Sweet Tator Puffs
Green Beans
Apple Slices
Raisins

29
4/Cheese Garlic Bread
Marinara Sauce
Lettuce Spinach Salad
Frozen Fruit Cup

30
BBQ Rib/Bun
Baked Chips
Carrot Sticks/Dip
Fruit Snack

31
Bat Burgers
Freaky Fries
Vampire Veggies
Pumpkin Cookies
Funny Fruit

