



St. Peter School



Nutrition Tip: Snacks can play an important role in meeting kids' nutrient needs. Choosing foods from all of the food groups will give them the energy they need between meals.

Reference: Eat Right

Monday

Tuesday

Wednesday

Thursday

Friday



4
Soft Shell Taco
Refried Beans
Lettuce/Tomato/Cheese
Carrots And Celery Sticks With Dip
Apple Churros

5
Chicken Strips
Mac And Cheese
Seasoned Green Beans
Frozen Fruit Cup
Cookie

6
Ham And Cheese Slider
Romaine Toss Salad
Fritos
Applesauce



7
No Lunch

1
Waffle Sticks And Syrup
Hard Boiled Egg
Peaches And Cream
Side Kick Juice

11
Cheese Pizza
Sweet Peas
Pineapple Tidbits
Ice Cream Cup

12
Cheese Burger/Bun
Smiley Fries
Baked Beans
Peaches/Teddy Grahams

13
Pasta/Meat Sauce
Toss Salad
Garlic Bread Sticks
Diced Pears

14
Chicken Noodle Soup
Grilled Cheese Sandwich
Veggie Boat/Cheese Sticks
Mixed Fruit/Crackers

15
Egg/Cheese Biscuit
Sausage Patty
Hash Rounds
Warm Cinnamon Apples
Side Kick Juice

18
Hot Dog/Bun
Cowboy Corn
Sweet Potato Fries
Mandarin Oranges
Cookie

19
Salisbury Steak
Mashed Potatoes/Gravy
Broccoli/Cheese Sauce
Grapes
Dinner Roll

20
Chicken Alfredo
Toss Salad
Mixed Fruit
Bosco Cheese Sticks

21
BBQ Beef/Bun
Veggie Boat/Dip
Baked Chips
Blushing Pears

22
Pancakes And Syrup
Sausage Links
Hard Boiled Egg
Sliced Bananas
Side Kick Juice

25
COLD CEREAL/MILK
LONG JOHN
HARD BOILED EGG
FROZEN FRUIT CUP

26
BAKED TURKEY
MASHED POTATOS /GRAVY
SEASONED GREEN BEANS
APPLE CRISP
DINNER ROLL

27

28

29