

September 2020

St. Peter School

LUNCH



SAINT PETER SCHOOL —
ALWAYS REMEMBER TO BE KIND TO ONE ANOTHER.



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	Tuesday	Wednesday	Thursday	Friday
	CHEESEBURGER/BUN BAKED CHIPS BUTTERED CARROTS FRUITED JELLO CUP LETTUCE / TOMATO / PICKLE 1	MINI CORN DOG COWBOY CORN SWEET TATOR FRIES PEACHES/PEARS, CHEESE STICKS 2	CHICKEN ALFREDO BROCCOLI/CHEESE SAUCE FROZEN FRUIT CUP BOSCO STICKS--/COOKIE 3	CHEEZY EGGS W/ BACON HASH ROUNDS WARM APPLE SLICES BANANA BREAD, JUICE 4
NO SCHOOL LABOR DAY 7	HOT HAM & CHEESE /BUN FRITOS---SALSA CARROT SIX / DIP VANILLA WAFERS FRUIT CUP 8	CHICKEN NUGGETS MASHED TATORS/GRAVY GREEN BEANS -/WARM ROLL TEDDY GRAHAMS/PEACHES 9	WALKING TACO WITH TOPPING REFRIED BEANS/SALSA APPLE WEDGES/CHURRO 10	PANCAKES/SYRUP SAUSAGE PATTY BOILED EGG FROZEN FRUIT CUP JUICE 11
PEPPERONI PIZZA ROMAINE SALAD SEASONED GREEN BEANS STRAWBERRY SHORT CAKE 14	CHICKEN PATTY/BUN SWEET TATOR PUFFS CALIFORNIA VEGGYS PINEAPPLE TIDBITS 15	SALISBURY STEAK /GRAVY MASHED TATORS SWEET CORN FRUIT COCKTAIL DINNER ROLL 16	PASTA/W MEAT SAUCE TOSS SALAD PUDDING W/ FRUIT COOKIE---/GARLIC BREAD 17	COLD CEREAL/MILK BANANA SLICES HARD BOILED EGG MUFFIN AND JUICE 18
FISH PATTY/BUN MAC & CHEESE MIXED VEGGYS PEACHES/COOKIE 21	RAVIOLI /W SAUCE ITALIAN VEGGYS FROZEN FRUIT CUP BREAD STICKS 22	BBQ PORK/PRETZEL BUN BAKED BEANS VEGGY BOAT/DIP ICE CREAM CUP / GRAPES 23	PICNIC SACK LUNCH--- TURKEY CHEESE SAND CHIPS /FRUIT BITES/COOKIE CARROT/CELERY STICKS JUICE BOX 24	FRENCH TOAST STICKS SYRUP, HASH ROUNDS, SAUSAGE LINKS, MIXED FRUIT CUPS, CUBES 25
HOT DOG/BUN SMILEY FRIES MANDARIN ORANGES COOKIE 28	CHICKEN NOODLE SOUP GRILLED CHEESE SANDWICH CARROT STICKS PEARS, COOKIE 29	CHILI MAC MINI CORN MUFFIN FRUIT CORN CHIPS / CHEESE STICKS 30		