

JANUARY 2023

LUNCH



St. Peter School



Nutrition Tip: Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.

Reference: Eat Right

MONDAY

No School

2

TUESDAY

French Bread Pizza
Marinara
Green Beans
Fruit

3

WEDNESDAY

Pasta W/ Meat Sauce
Breadstick
Corn
Fruit

4

THURSDAY

Tenderloin On Bun
Chips
Peas
Fruit

5

FRIDAY

Fish Shapes
Tater Tots
Baked Beans
Fruit

6

Sack Lunch
Ham/Cheese Rollup
Chips
Carrots
Apple Slices

9

Orange Chicken
Fried Rice W/ Veggies
Egg Roll
Fortune Cookie
Fruit

10

Sloppy Joes
Baked Chips
Mixed Vegetables
Fruit

11

Sausage Pizza
Green Beans
Fruit
Jell-O

12

Hot Dog On Bun
French Fries
Peas
Fruit

13

No School –
Martin Luther King Jr. Day

16

Grilled Chicken On Bun
Baked Chips
Corn
Fruit

17

Sausage/Egg/Cheese Biscuit
Tri Taters
Carrots
Yogurt
Fruit

18

Corn Dog
Tater Tots
Green Beans
Fruit

19

Hamburger On Bun
Fries
Baked Beans
Fruit

20

Toasted Ravioli
Marinara
Green Beans
Yogurt
Fruit

23

Chicken Nuggets
Mashed Potatoes
Gravy
Mixed Vegetables
Fruit

24

Beef Nachos
Corn
Black Beans
Fruit

25

BBQ Rib On Bun
Fries
Peas
Fruit

26

Pepperoni Pizza
Fresh Veggies
Yogurt
Fruit

27

Breaded Chicken On Bun
Baked Chips
Mixed Veggies
Fruit

30

Salisbury Steak
Mashed Potatoes
Gravy
Corn
Fruit

31

