

SEPTEMBER 2023

LUNCH



St. Peter School

Milk choice of 1% chocolate or white



September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Labor Day
No School

4

Chicken rings
Curly fries
Mixed vegetables
Fruit

5

Beef nachos
Salsa
Corn with black beans
Fruit

6

Hot dog
Emoji fries
Peas
Fruit

7

Ravioli
Marinara
Green beans
Fruit

8

Sausage pizza
Green beans
Yogurt
Fruit

11

Meatballs
Bosco stick
Veggie boat
Fruit

12

Sloppy joes
Emoji fries
Peas
Fruit

13

Grilled chicken on bun
Chips
Mixed vegetables
Fruit

14

Fish shapes
Tri-tator
Baked beans
Fruit

15

Breaded chicken on bun
Curly fries
Peas
Fruit

18

Salisbury steak
Mashed potatoes
Corn
Fruit

19

Chicken nuggets
Tri-tator
Mixed vegetables
Fruit

20

Hamburger on bun
Emoji fries
Baked beans
Fruit

21

Pepperoni pizza
Broccoli
Pudding
Fruit

22

Corn dog
Emoji fries
Green beans
Fruit

25

Hot ham & cheese
Chips
Mixed vegetables
Fruit

26

Orange chicken
Egg roll
Rice
Fruit

27

Tenderloin on bun
Curly fries
Corn
Fruit

28

French bread pizza
Marinara
Peas
Fruit

29