



# St. Mary School Lunch Menu

## February 2018

Hot Meal: \$3.25 (entrée, two sides); \$1.75 Extra Entrée, Side Items: \$1.00; Beverage: \$.75

USDA Daily Requirements K thru 8: protein 1.5 oz., fruits 4oz., vegetables 6oz., whole grains 1 serving

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Jan 29</b> <u>macaroni &amp; cheese</u> boneless chicken bites choice of fruit	<b>30</b> <u>WG French toast sticks</u> turkey sausage links, hash browns choice of fruit	<b>31</b> <u>beef taco with cheese &amp; sour cream</u> choice of two sides	<b>Feb 1</b> <u>Chili Mac</u> Cincy chili with shredded cheese, noodles & garlic bread <i>choice of side</i>	<b>2</b> <u>slice of pizza or two cheesy bread sticks</u> carrots & ranch choice of fruit
<b>5</b> <u>Grilled cheese &amp; bacon</u> Tomato soup choice of fruit	<b>6</b> <u>WG pancakes</u> Hash browns and gogurt stick choice of fruit	<b>7</b> <u>chicken patty sandwich with Cheese</u> tater tots choice of fruit	<b>8</b> <u>Spaghetti &amp; meatballs</u> choice of meatballs & sauce garlic bread choice of fruit	<b>9</b> <u>slice of pizza or two cheesy bread sticks</u> carrots & ranch choice of fruit
<b>12</b> <u>Cheese quesadilla</u> side of salsa & sour cream. black beans choice of fruit	<b>13</b> <u>whole grain waffles</u> sliced bacon hash brown choice of fruit	<b>14</b> <u>Pasta bake</u> Ziti noodles, sauce & cheese and garlic stick Choice of Fruit or salad	<b>15</b> <u>slice of pizza or two cheesy bread sticks</u> carrots & ranch choice of fruit	<b>16</b> <b>No School</b>
<b>19</b> <b>No School</b> Presidents Day	<b>20</b> <u>Bagel egg &amp; cheese</u> Gogurt stick choice of fruit	<b>21</b> <u>hamburger/cheeseburger</u> Tater tots choice of fruit	<b>22</b> <u>macaroni &amp; cheese</u> boneless chicken bites choice of fruit	<b>23</b> <u>slice of pizza or two cheesy bread sticks</u> carrots & ranch choice of fruit
<b>26</b> <u>Homemade chicken noodle soup</u> cornbread muffin Choice of side	<b>27</b> <u>WG French toast sticks</u> turkey sausage links, hash browns choice of fruit	<b>28</b> <u>Chicken tenders</u> mashed potatoes choice of fruit	<b>March 1</b> <u>Cincy Chili Spaghetti</u> choice of sides	<b>2</b> <u>slice of pizza or two cheesy bread sticks</u> carrots & ranch choice of fruit
Everyday Entrees				
cheese sandwich	turkey wrap	peanut butter & jelly sandwich	yogurt parfait	
chili	soup of the day	bagel with cream cheese	assorted whole grain cereal with milk	
Side Items				
Sun Chips ©	pretzels	cheese popcorn	tortilla chips w/ tomato salsa	
side salad w/ dressing	banana	whole fresh fruit	applesauce	
pineapple cubes	Mandarin oranges	Gogurt Sticks ©		