



# February 2017 St Ursula Lunch Menu



## What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

- Choice of Meat or Meat Alternate
- Choice of Vegetable, Choice of Fruit\*
- Choice of Grain/Bread,
- and Choice of Milk

*\*Students must choose at least one fruit or vegetable*



## Fresh Fruits and Vegetables Offered Daily

\*Vegetables include:

- Broccoli Florets
- Baby Carrots
- Peas or Corn
- Legume Salads
- Celery & Cucumber

\*May choose two 1/2 cup servings including the hot vegetable

\*Fruits include:

- Crisp Apple
- Sliced Peaches
- Mixed Fruit
- Fresh Orange
- Banana
- Pineapple Tidbits
- Diced Pears
- Applesauce

\*May choose 1/2 cup serving

*MENUS SUBJECT TO CHANGE*



## Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry, Fat Free Vanilla, Fat Free White and Low Fat White

Lunch Prices:  
Paid \$3.50  
Reduced \$.40

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Viking Bowl Whipped Potatoes Fresh Veggie Chilled or Fresh Fruit Variety of milk	2 <b>Pasta Day!</b> Pasta with meat sauce & bread stick Carrot Coins Fresh Veggie Chilled or Fresh Fruit Variety of Milk	3 Meatball Hoagie with mozzarella cheese Corn Fresh Veggie Chilled or Fresh Fruit Variety of Milk
6 BBQ Rib Hoagie Au gratin Potatoes Fresh Veggie Chilled or Fresh Fruit Variety of Milk	7 <b>Taco Tuesday!</b> Beef & Cheese Taco Baked Beans Fresh Veggie Chilled or Fresh Fruit Variety of Milk Churro	8 Beef/Cheese Nachos Hot Veggie Fresh Veggie Chilled or Fresh Fruit Variety of Milk	9 <b>Breakfast 4 Lunch</b> Pancakes with Sausage Tator Tots Fresh Veggie Chilled or Fresh Fruit Variety of Milk	10 Mini-Cheeseburgers Hot Veggie Fresh Veggie Chilled or Fresh Fruit Variety of Milk
13 Breaded Chicken Strips Hot Veggie Fresh Veggie Chilled or Fresh Fruit Variety of Milk	14 <b>Valentine's Day Cookie!</b> Macaroni & Cheese with Mini soft pretzel Stewed Tomatoes Carrot Coins Chilled or Fresh Fruit Variety of Milk	15 Viking Bowl Whipped Potatoes Fresh Veggie Chilled or Fresh Fruit Variety of milk	16 Meatballs with a bread stick Corn Fresh Veggie Chilled or Fresh Fruit Variety of Milk	17 Bacon/Cheeseburger Tator Tots Fresh Veggie Chilled or Fresh Fruit Variety of Milk
20 <b>NO SCHOOL</b> 	21 <b>Taco Tuesday!</b> Beef & Cheese Taco Baked Beans Fresh Veggie Chilled or Fresh Fruit Variety of Milk Churro	22 Beef/Cheese Nachos Hot Veggie Fresh Veggie Chilled or Fresh Fruit Variety of Milk	23 <b>Breakfast 4 Lunch</b> Pancakes with Sausage Tator Tots Fresh Veggie Chilled or Fresh Fruit Variety of Milk	24 Hot Dog on a Bun Corn Fresh Veggie Chilled or Fresh Fruit Variety of Milk
27 Meatballs with a bread stick Corn Fresh Veggie Chilled or Fresh Fruit Variety of Milk	28 <b>Breakfast 4 Lunch</b> Pancakes with Sausage Tator Tots Fresh Veggie Chilled or Fresh Fruit Variety of Milk			The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE
<b>Monday</b> Grilled Cheese Sandwich PB&J Sandwich	<b>Tuesday</b> Breaded Chicken Patty on a Bun PB&J Sandwich	<b>Wednesday</b> Cheeseburger on a Bun PB&J Sandwich	<b>Thursday</b> WG Chicken Nuggets with WW Bread Slice PB&J Sandwich	<b>Friday</b> School made Pizza PB&J Sandwich