



January 2017 St Ursula Lunch Menu



Basil
CHEF OF
NUTRITION

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
2	No School 	3 WELCOME BACK! Mini Corn Dogs Tator Tots Broccoli Fresh Veggie Chilled or Fresh Fruit Variety of Milk	4 Popcorn Chicken French Fries Fresh Veggie Chilled or Fresh Fruit Variety of milk	5 Pasta Day! Pasta with meat sauce & bread stick Carrot Coins Fresh Veggie Chilled or Fresh Fruit Variety of Milk	6 Meatball Hoagie with mozzarella cheese Corn Fresh Veggie Chilled or Fresh Fruit Variety of Milk
9	BBQ Rib Hoagie Au gratin Potatoes Peas Fresh Veggie Chilled or Fresh Fruit Variety of Milk	10 Taco Tuesday! Beef & Cheese Taco Baked Beans Fresh Veggie Chilled or Fresh Fruit Variety of Milk Churro	11 Hot Turkey Sandwich with Gravy Mashed Potatoes Fresh Veggie Chilled or Fresh Fruit Variety of Milk	12 Perogies Broccoli Fresh Veggie Chilled or Fresh Fruit Variety of Milk	13 No School 
16	No School 	17 Macaroni & Cheese with Mini soft pretzel Stewed Tomatoes Carrot Coins Chilled or Fresh Fruit Variety of Milk	18 Picnic Day! Hot Dog on a bun Baked Beans Fresh Veggie Chilled or Fresh Fruit Variety of Milk Cookie	19 Meatballs with a bread stick Corn Fresh Veggie Chilled or Fresh Fruit Variety of Milk	20 Bacon/Cheeseburger Tator Tots Fresh Veggie Chilled or Fresh Fruit Variety of Milk
23	Mini Cheeseburgers French Fries Fresh Veggie Chilled or Fresh Fruit Variety of Milk	24 Pasta with meat sauce & roll Broccoli Fresh Veggie Chilled or Fresh Fruit Variety of Milk	25 Beef/Cheese Nachos Rice Pilaf Hot Veggie Fresh Veggie Chilled or Fresh Fruit Variety of Milk	26 Turkey & Cheese Wrap Chicken Noodle Soup Carrot Coins Fresh Veggie Chilled or Fresh Fruit Variety of Milk	27 Hot Dog on a Bun Corn Fresh Veggie Chilled or Fresh Fruit Variety of Milk
30	Salisbury Steak with gravy & roll Mashed Potatoes Fresh Veggie Chilled or Fresh Fruit Variety of Milk	31 Breakfast 4 Lunch 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
Monday	Grilled Cheese Sandwich PB&J Sandwich	Tuesday Breaded Chicken Patty on a Bun PB&J Sandwich	Wednesday Cheeseburger on a Bun PB&J Sandwich	Thursday WG Chicken Nuggets with WW Bread Slice PB&J Sandwich	Friday School made Pizza PB&J Sandwich