

ST. PETER SCHOOL

HEALTHY HABITS MENU

JANUARY 2019

GRADES K-2 \$3.70, GRADES 3-5 \$3.95, GRADES 6-8 \$4.20

Milk Prices: 1% White .11 1% Chocolate .14

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
NO SCHOOL	NO SCHOOL	NO SCHOOL	<p style="color: red; font-weight: bold;">HOT LUNCH</p> <p>Nachos with Beef & Cheese Shredded Lettuce & Tomatoes Fiesta Black Beans Frozen Fruit Cup Milk, 1%</p> <p style="color: blue; font-weight: bold;">GRAB-N-GO</p> <p>Roast Beef on French Bread Cheddar Goldfish Fresh Broccoli with Dip Grapes Milk, 1%</p> <p style="background-color: yellow; text-align: center;">SALAD OF THE DAY Chef Salad</p>	<p style="color: red; font-weight: bold;">HOT LUNCH</p> <p>Grilled Cheese Tomato Soup Fresh Veggie Medley with Ranch Grapes Milk, 1%</p> <p style="color: blue; font-weight: bold;">GRAB-N-GO</p> <p>Turkey on Whole Grain White Bread Baked Chips Baby Carrots with Ranch Banana Milk, 1%</p> <p style="background-color: yellow; text-align: center;">SALAD OF THE DAY St. Louis Hill Salad</p>
7	8	9	10	11
 <p style="color: red; font-weight: bold;">HOT LUNCH</p> <p>Spaghetti with Meatballs Breadstick Garden Salad with Lite Ranch Dressing Mandarin Oranges Milk, 1%</p> <p style="color: blue; font-weight: bold;">GRAB-N-GO</p> <p>BLT and Turkey Wrap Cheddar Cheese Goldfish Greek Yogurt Fresh Fruit Milk, 1%</p> <p style="background-color: yellow; text-align: center;">SALAD OF THE DAY Chicken Caesar Salad</p>	<p style="color: red; font-weight: bold;">HOT LUNCH</p> <p>Hamburger Sweet Potato Fries Green Beans Fresh Fruit/Seasonal Milk, 1%</p> <p style="color: blue; font-weight: bold;">GRAB-N-GO</p> <p>Hot Ham & Cheese on Bagel Carrots with Dip Apple 100 Calorie Oreo Pack Milk, 1%</p> <p style="background-color: yellow; text-align: center;">SALAD OF THE DAY BLT Salad</p>	<p style="color: red; font-weight: bold;">HOT LUNCH</p> <p>French Toast with Pure Maple Syrup Sausage Links Scrambled Eggs Orange Wedges Milk, 1%</p> <p style="color: blue; font-weight: bold;">NO GRAB-N-GO</p> <p style="background-color: yellow; text-align: center;">SALAD OF THE DAY Santa Fe Salad</p>	<p style="color: red; font-weight: bold;">HOT LUNCH</p> <p>Toasted Ravioli with Bowtie Pasta Garden Salad Fresh Fruit/Seasonal Milk, 1%</p> <p style="color: blue; font-weight: bold;">GRAB-N-GO</p> <p>Bagel & Cream Cheese Carrot Sticks Greek Yogurt Fresh Apple Milk, 1%</p> <p style="background-color: yellow; text-align: center;">SALAD OF THE DAY Chef Salad</p>	<p style="color: red; font-weight: bold;">HOT LUNCH</p> <p>Macaroni & Cheese Green Beans Whole Grain Dinner Roll Grapes Milk, 1%</p> <p style="color: blue; font-weight: bold;">GRAB-N-GO</p> <p>Sub Sandwich on Deli Bun Cheddar Goldfish Baby Carrots with Dip Mandarin Oranges Milk, 1%</p> <p style="background-color: yellow; text-align: center;">SALAD OF THE DAY St. Louis Hill Salad</p>
14	15	16	17	18
<p style="color: red; font-weight: bold;">HOT LUNCH</p> <p>Cheeseburger French Fries Mixed Vegetables Fresh Fruit/ Seasonal Milk, 1%</p> <p style="color: blue; font-weight: bold;">GRAB-N-GO</p> <p>Turkey on Whole Grain White Bread Baked Chips Baby Carrots with Ranch Banana Milk, 1%</p> <p style="background-color: yellow; text-align: center;">SALAD OF THE DAY Chicken Caesar Salad</p>	<p style="color: red; font-weight: bold;">HOT LUNCH</p> <p>Cheese Quesadilla Spanish Rice Corn Pineapple Chunks Milk, 1%</p> <p style="color: blue; font-weight: bold;">GRAB-N-GO</p> <p>Roast Beef on French Bread Cheddar Goldfish Fresh Broccoli with Dip Grapes Milk, 1%</p> <p style="background-color: yellow; text-align: center;">SALAD OF THE DAY BLT Salad</p>	<p style="color: red; font-weight: bold;">HOT LUNCH</p> <p><u>CHICK-FIL-A DAY</u> Chick-Fil-A Slider Waffle Fries Green Beans Fresh Fruit Cup Milk, 1%</p> <p style="color: blue; font-weight: bold;">NO GRAB-N-GO</p>  <p style="background-color: yellow; text-align: center;">SALAD OF THE DAY Santa Fe Salad</p>	<p style="color: red; font-weight: bold;">HOT LUNCH</p> <p>All Natural Hot Dog Macaroni & Cheese Peas & Carrots Fresh Fruit/Seasonal Milk, 1%</p> <p style="color: blue; font-weight: bold;">GRAB-N-GO</p> <p>Chicken Snack Wrap Carrots with Dip Apple 100 Calorie Oreo Pak Milk, 1%</p> <p style="background-color: yellow; text-align: center;">SALAD OF THE DAY Chef Salad</p>	<p style="color: red; font-weight: bold;">HOT LUNCH</p> <p>Baked Mostaccioli Garlic Breadstick Fresh Tossed Salad with Lite Ranch Dressing Grapes Milk, 1%</p> <p style="color: blue; font-weight: bold;">GRAB-N-GO</p> <p>String Cheese & Pretzels Fresh Veggies & Dip Greek Yogurt Grapes Milk, 1%</p> <p style="background-color: yellow; text-align: center;">SALAD OF THE DAY St. Louis Hill Salad</p>
21	22	23	24	25
NO SCHOOL	<p style="color: red; font-weight: bold;">HOT LUNCH</p> <p>Toasted Ravioli with Bowtie Pasta Garden Salad Fresh Fruit/Seasonal Milk, 1%</p> <p style="color: blue; font-weight: bold;">GRAB-N-GO</p> <p>Bagel & Cream Cheese Carrot Sticks Greek Yogurt Fresh Apple Milk, 1%</p> <p style="background-color: yellow; text-align: center;">SALAD OF THE DAY BLT Salad</p>	<p style="color: red; font-weight: bold;">HOT LUNCH</p> <p><u>PAPA JOHN'S PIZZA</u> <u>PLATE LUNCH</u> Slice of Pizza Baby Carrots with Ranch Fresh Fruit/Seasonal Cheese, Sausage or Pepperoni By The Slice \$2.00 Milk, 1%</p> <p style="color: blue; font-weight: bold;">NO GRAB-N-GO</p>  <p style="background-color: yellow; text-align: center;">SALAD OF THE DAY Santa Fe Salad</p>	<p style="color: red; font-weight: bold;">HOT LUNCH</p> <p>Nachos with Beef & Cheese Shredded Lettuce & Tomatoes Fiesta Black Beans Frozen Fruit Cup Milk, 1%</p> <p style="color: blue; font-weight: bold;">GRAB-N-GO</p> <p>BLT and Turkey Wrap Cheddar Cheese Goldfish Greek Yogurt Fresh Fruit Milk, 1%</p> <p style="background-color: yellow; text-align: center;">SALAD OF THE DAY Chef Salad</p>	<p style="color: red; font-weight: bold;">HOT LUNCH</p> <p>Hand Breaded Chicken Strips Buttered Noodles Green Beans Fresh Fruit/Seasonal Milk, 1%</p> <p style="color: blue; font-weight: bold;">GRAB-N-GO</p> <p>Hot Ham & Cheese on Bagel Carrots with Dip Apple 100 Calorie Oreo Pack Milk, 1%</p> <p style="background-color: yellow; text-align: center;">SALAD OF THE DAY St. Louis Hill Salad</p>
28	29	30	31	31
<p style="color: red; font-weight: bold;">HOT LUNCH</p> <p>Hamburger Sweet Potato Fries Green Beans Fresh Fruit/Seasonal Milk, 1%</p> <p style="color: blue; font-weight: bold;">GRAB-N-GO</p> <p>String Cheese & Pretzels Fresh Veggies & Dip Greek Yogurt Grapes Milk, 1%</p> <p style="background-color: yellow; text-align: center;">SALAD OF THE DAY Chicken Caesar Salad</p>	<p style="color: red; font-weight: bold;">HOT LUNCH</p> <p>Macaroni & Cheese Green Beans Whole Grain Dinner Roll Grapes Milk, 1%</p> <p style="color: blue; font-weight: bold;">GRAB-N-GO</p> <p>Hamburger on Bun Tiny Pretzel Twist Fruit Snacks Banana Milk, 1%</p> <p style="background-color: yellow; text-align: center;">SALAD OF THE DAY BLT Salad</p>	<p style="color: red; font-weight: bold;">HOT LUNCH</p> <p>Homemade Pancakes with Pure Maple Syrup Scrambled Eggs Bacon Strips Fresh Melon Milk, 1%</p> <p style="color: blue; font-weight: bold;">NO GRAB-N-GO</p> <p style="background-color: yellow; text-align: center;">SALAD OF THE DAY Santa Fe Salad</p>	<p style="color: red; font-weight: bold;">HOT LUNCH</p> <p>Grilled Chicken Sandwich Buttered Noodles Peas & Carrots Fresh Fruit/ Seasonal Milk, 1%</p> <p style="color: blue; font-weight: bold;">GRAB-N-GO</p> <p>Roast Beef on French Bread Baked Chips Fresh Broccoli with Dip Orange Wedges Milk, 1%</p> <p style="background-color: yellow; text-align: center;">SALAD OF THE DAY Chef Salad</p> 	

NEW THIS YEAR

FRESH FRUIT AND VEGETABLE BAR
40 cents per ounce

Baby Carrots
Celery Sticks
Broccoli Florets
Red Pepper Strips
Ranch Dressing

Sliced Cucumbers
Strawberries
Cantaloupe
Grapes
Pineapple

Hummus
Pita Chips
Mandarin Oranges
Apple Slices
Vanilla Yogurt



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