

ST. PETER SCHOOL

HEALTHY HABITS MENU

NOVEMBER 2018

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

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

November



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			<p>HOT LUNCH Ultimate Grilled Cheese Buttered Noodles Steamed Green Beans Fresh Fruit/Seasonal Milk, 1%</p> <p>GRAB-N-GO Roast Beef on French Bread Cheddar Goldfish Fresh Broccoli with Dip Grapes Milk, 1%</p> <p>SALAD OF THE DAY Chef Salad</p>	<p>HOT LUNCH Chicken & Cheese Taco Chopped Lettuce & Tomato Salad Spanish Rice Frozen Fruit Cup Milk, 1%</p> <p>GRAB-N-GO Turkey on Whole Grain White Bread Baked Chips Baby Carrots with Ranch Banana Milk, 1%</p> <p>SALAD OF THE DAY St. Louis Hill Salad</p>
5	6	7	8	9
<p>HOT LUNCH Chicken Meatball Sub Steamed Broccoli Fresh Fruit/Seasonal Milk, 1%</p> <p>GRAB-N-GO Sub Sandwich on Deli Bun Cheddar Goldfish Baby Carrots with Dip Mandarin Oranges Milk, 1%</p> <p>SALAD OF THE DAY Chicken Caesar Salad</p>	<p>HOT LUNCH Hamburger Sweet Potato Fries Green Beans Fresh Fruit/Seasonal Milk, 1%</p> <p>GRAB-N-GO Chicken Caesar Wrap Veggie Sticks with Dip Orange Wedges 100 Calorie Chips Ahoy Milk, 1%</p> <p>SALAD OF THE DAY BLT Salad</p>	<p>HOT LUNCH CHICK-FIL-A DAY Chick-Fil-A Slider Waffle Fries Green Beans Fresh Fruit Cup Milk, 1%</p> <p>NO GRAB-N-GO</p> <p>SALAD OF THE DAY Santa Fe Salad</p>	<p>HOT LUNCH Toasted Ravioli with Bowtie Pasta Garden Salad Fresh Fruit/Seasonal Milk, 1%</p> <p>GRAB-N-GO Ham & Cheese on Whole Grain White Bread Pretzels Fresh Veggies & Dip Fresh Fruit Salad Milk, 1%</p> <p>SALAD OF THE DAY Chef Salad</p>	<p>HOT LUNCH Cheese Quesadilla Spanish Rice Corn Pineapple Chunks Milk, 1%</p> <p>GRAB-N-GO String Cheese & Pretzels Fresh Veggies & Dip Greek Yogurt Grapes Milk, 1%</p> <p>SALAD OF THE DAY St. Louis Hill Salad</p>
12	13	14	15	16
<p>HOT LUNCH Beef & Cheese Crunchy Taco with Salsa and Sour Cream Shredded Lettuce Tomato Fiesta Corn Fruit Salad Milk, 1%</p> <p>GRAB-N-GO BLT Club Sandwich Tiny Pretzel Twist Mandarin Oranges 100 Calorie Snack Milk, 1%</p> <p>SALAD OF THE DAY Chicken Caesar Salad</p>	<p>HOT LUNCH Turkey, Bacon, Cheese Panini Lattice Chips Carrots with Ranch Fresh Fruit/Seasonal Milk, 1%</p> <p>GRAB-N-GO Hamburger on Bun Tiny Pretzel Twist Fruit Snacks Banana Milk, 1%</p> <p>SALAD OF THE DAY BLT Salad</p>	<p>HOT LUNCH Belgian Waffles with Pure Maple Syrup Scrambled Eggs Sausage Patty Fresh Fruit/Seasonal Milk, 1%</p> <p>GRAB-N-GO Hot Ham & Cheese on Bagel Carrots with Dip Apple 100 Calorie Oreo Pack Milk, 1%</p> <p>SALAD OF THE DAY Santa Fe Salad</p>	<p>HOT LUNCH Baked Mostaccioli Garlic Breadstick Fresh Tossed Salad with Lite Ranch Dressing Grapes Milk, 1%</p> <p>GRAB-N-GO Chicken Salad on WG Bread Carrots with Ranch Applesauce Teddy Grahams Milk, 1%</p> <p>SALAD OF THE DAY Chef Salad</p>	<p>HOT LUNCH Nachos with Beef & Cheese Shredded Lettuce & Tomatoes Fiesta Black Beans Frozen Fruit Cup Milk, 1%</p> <p>GRAB-N-GO Bagel & Cream Cheese Strawberries Greek Yogurt Hard Boiled Egg Milk, 1%</p> <p>SALAD OF THE DAY St. Louis Hill Salad</p>
19	20	21	22	23
<p>HOT LUNCH Cheddar Broccoli Soup Grilled Ham & Cheese Fresh Fruit/ Seasonal Milk, 1%</p> <p>GRAB-N-GO Turkey Wrap Sun Chips Veggie Sticks with Dip Fresh Fruit Salad Milk, 1%</p> <p>SALAD OF THE DAY Chicken Caesar Salad</p>	<p>HOT LUNCH Roasted Sliced Turkey Mashed Potatoes & Gravy Green Beans Fresh Apple Milk, 1%</p> <p>GRAB-N-GO BLT and Turkey Wrap Cheddar Cheese Goldfish Greek Yogurt Fresh Fruit Milk, 1%</p> <p>SALAD OF THE DAY BLT Salad</p>	<p>NO SCHOOL</p>	<p>NO SCHOOL</p> 	<p>NO SCHOOL</p>
26	27	28	29	30
<p>HOT LUNCH Spaghetti with Meat Sauce Breadstick Garden Salad with Lite Ranch Dressing Mandarin Oranges Milk, 1%</p> <p>GRAB-N-GO BLT Club Sandwich Tiny Pretzel Twist Mandarin Oranges 100 Calorie Snack Milk, 1%</p> <p>SALAD OF THE DAY Chicken Caesar Salad</p>	<p>HOT LUNCH Cheeseburger French Fries Mixed Vegetables Fresh Fruit/ Seasonal Milk, 1%</p> <p>GRAB-N-GO Bagel & Cream Cheese Carrot Sticks Greek Yogurt Fresh Apple Milk, 1%</p> <p>SALAD OF THE DAY BLT Salad</p>	<p>HOT LUNCH PAPA JOHN'S PIZZA PLATE LUNCH Slice of Pizza Baby Carrots with Ranch Fresh Fruit/Seasonal Cheese, Sausage or Pepperoni By The Slice \$2.00 Milk, 1%</p> <p>NO GRAB-N-GO</p> <p>SALAD OF THE DAY Santa Fe Salad</p> 	<p>HOT LUNCH Grilled Cheese Tomato Soup Fresh Veggie Medley with Ranch Grapes Milk, 1%</p> <p>GRAB-N-GO Cheeseburger on Bun Sun Chips Veggie Sticks with Dip 100 Calorie Snack Milk, 1%</p> <p>SALAD OF THE DAY Chef Salad</p>	<p>HOT LUNCH Homemade Beef and Cheese Burrito Tossed Salad Fresh Fruit/Seasonal Milk, 1%</p> <p>GRAB-N-GO Turkey on Whole Grain White Bread Baked Chips Baby Carrots with Ranch Banana Milk, 1%</p> <p>SALAD OF THE DAY St. Louis Hill Salad</p>

NEW THIS YEAR

FRESH FRUIT AND VEGETABLE BAR
40 cents per ounce

Baby Carrots
Celery Sticks
Broccoli Florets
Red Pepper Strips

Sliced Cucumbers
Strawberries
Cantaloupe
Grapes
Pineapple

Hummus
Pita Chips
Orange Wedges
Apple Slices
Ranch Dressing

