

ST. PETER SCHOOL

HEALTHY HABITS MENU

OCTOBER 2018

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
<p>HOT LUNCH Macaroni & Cheese Green Beans Whole Grain Dinner Roll Grapes Milk, 1%</p> <p>GRAB-N-GO Hamburger on Bun Tiny Pretzel Twist Fruit Snacks Banana Milk, 1%</p> <p style="background-color: yellow;">SALAD OF THE DAY Chicken Caesar Salad</p>	<p>HOT LUNCH Chicken Alfredo Over Penne Pasta Steamed Broccoli Breadstick Grapes Milk, 1%</p> <p>GRAB-N-GO String Cheese & Pretzels Fresh Veggies & Dip Greek Yogurt Grapes Milk, 1%</p> <p style="background-color: yellow;">SALAD OF THE DAY BLT Salad</p>	<p>HOT LUNCH <u>CHICK-FIL-A DAY</u> Chick-Fil-A Slider Waffle Fries Green Beans Fresh Fruit Cup Milk, 1%</p> <p style="text-align: center;"><i>Chick-fil-A</i></p> <p>NO GRAB-N-GO</p> <p style="background-color: yellow;">SALAD OF THE DAY Santa Fe 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 Chicken Snack Wrap Carrots with Dip Apple 100 Calorie Oreo Pak Milk, 1%</p> <p style="background-color: yellow;">SALAD OF THE DAY Chef Salad</p>	<p>HOT LUNCH Grilled Chicken Sandwich Buttered Noodles Peas & Carrots Fresh Fruit/ Seasonal Milk, 1%</p> <p>GRAB-N-GO Chicken Caesar Wrap Baked Chips Carrot Sticks with Dip Orange Wedges Milk, 1%</p> <p style="background-color: yellow;">SALAD OF THE DAY St. Louis Hill Salad</p>
8	9	10	11	12
<p>HOT LUNCH Orange Chicken Vegetable Fried Rice Seasoned Green Beans Fresh Fruit/Seasonal Milk, 1%</p> <p>GRAB-N-GO Bagel & Cream Cheese Carrot Sticks Greek Yogurt Fresh Apple Milk, 1%</p> <p style="background-color: yellow;">SALAD OF THE DAY Chicken Caesar Salad</p>	<p>HOT LUNCH Toasted Beef Ravioli with Marinara Sauce Breadstick Garden Salad Fresh Fruit Cup 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 style="background-color: yellow;">SALAD OF THE DAY BLT Salad</p>	<p>HOT LUNCH French Toast with Pure Maple Syrup Sausage Links Scrambled Eggs Orange Wedges Milk, 1%</p> <p>GRAB-N-GO Sub Sandwich on Deli Bun Cheddar Goldfish Baby Carrots with Dip Mandarin Oranges Milk, 1%</p> <p style="background-color: yellow;">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 Turkey on Whole Grain White Bread Baked Chips Baby Carrots with Ranch Banana Milk, 1%</p> <p style="background-color: yellow;">SALAD OF THE DAY Chef Salad</p>	<p>HOT LUNCH Hamburger French Fries Fresh Veggies Milk, Fat Free</p> <p>GRAB-N-GO Turkey Wrap Sun Chips Veggie Sticks with Dip Fresh Fruit Salad Milk, 1%</p> <p style="background-color: yellow;">SALAD OF THE DAY St. Louis Hill Salad</p>
15	16	17	18	19
<p>HOT LUNCH Spaghetti with Meat Sauce Breadstick Garden Salad with Lite Ranch Dressing Mandarin Oranges Milk, 1%</p> <p>GRAB-N-GO Chicken Caesar Wrap Baked Chips Carrot Sticks with Dip Orange Wedges Milk, 1%</p> <p style="background-color: yellow;">SALAD OF THE DAY Chicken Caesar Salad</p>	<p>HOT LUNCH Chicken & Cheese Taco Shredded Lettuce & Tomatoes Spanish Rice Frozen Fruit Cup Milk, 1%</p> <p>GRAB-N-GO Cheeseburger on Bun Sun Chips Veggie Sticks with Dip 100 Calorie Snack Milk, 1%</p> <p style="background-color: yellow;">SALAD OF THE DAY BLT Salad</p>	<p>HOT LUNCH <u>PAPA JOHNS 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="text-align: center;"> NO GRAB-N-GO</p> <p style="background-color: yellow;">SALAD OF THE DAY Santa Fe Salad</p>	<p>HOT LUNCH Grilled Chicken Sandwich Buttered Noodles Peas & Carrots Fresh Fruit/ Seasonal Milk, 1%</p> <p>GRAB-N-GO BLT Club Sandwich Tiny Pretzel Twist Mandarin Oranges 100 Calorie Snack Milk, 1%</p> <p style="background-color: yellow;">SALAD OF THE DAY Chef Salad</p>	<p>HOT LUNCH Mini Hamburger on Bun French Fries Baked Beans Fresh Orange Quarters Milk, 1%</p> <p>GRAB-N-GO Bagel & Cream Cheese Carrot Sticks Greek Yogurt Fresh Apple Milk, 1%</p> <p style="background-color: yellow;">SALAD OF THE DAY St. Louis Hill Salad</p>
22	23	24	25	26
<p>HOT LUNCH BBQ Pulled Chicken on Bun Waffle Cut Potatoes Buttered Corn Fresh Fruit/ Seasonal Milk, 1%</p> <p>GRAB-N-GO String Cheese & Pretzels Fresh Veggies & Dip Greek Yogurt Grapes Milk, 1%</p> <p style="background-color: yellow;">SALAD OF THE DAY Chicken Caesar Salad</p>	<p>HOT LUNCH Cheese Quesadilla Spanish Rice Corn Pineapple Chunks Milk, 1%</p> <p>GRAB-N-GO Hot Ham & Cheese on Bagel Carrots with Dip Apple 100 Calorie Oreo Pack Milk, 1%</p> <p style="background-color: yellow;">SALAD OF THE DAY BLT Salad</p>	<p>HOT LUNCH Belgian Waffle with Pure Maple Syrup Scrambled Eggs Sausage Patty 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 style="background-color: yellow;">SALAD OF THE DAY Santa Fe Salad</p>	<p>HOT LUNCH Cheeseburger French Fries Mixed Vegetables Fresh Fruit/ Seasonal Milk, 1%</p> <p>GRAB-N-GO Chicken Snack Wrap Carrots with Dip Apple 100 Calorie Oreo Pak Milk, 1%</p> <p style="background-color: yellow;">SALAD OF THE DAY Chef Salad</p>	<p>HOT LUNCH Toasted Beef Ravioli with Marinara Sauce Breadstick Garden Salad Fresh Fruit Cup Milk, 1%</p> <p>GRAB-N-GO String Cheese & Pretzels Fresh Veggies & Dip Greek Yogurt Grapes Milk, 1%</p> <p style="background-color: yellow;">SALAD OF THE DAY St. Louis Hill Salad</p>
29	30	31		
<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 style="background-color: yellow;">SALAD OF THE DAY Chicken Caesar Salad</p>	<p>HOT LUNCH Baked Mostaccioli Garlic Breadstick Fresh Tossed Salad with Lite Ranch Dressing Grapes Milk, 1%</p> <p>GRAB-N-GO Turkey Wrap Sun Chips Veggie Sticks with Dip Fresh Fruit Salad Milk, 1%</p> <p style="background-color: yellow;">SALAD OF THE DAY BLT Salad</p>	<p>HOT LUNCH <u>PAPA JOHNS 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="text-align: center;"> NO GRAB-N-GO</p> <p style="background-color: yellow;">SALAD OF THE DAY Santa Fe 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

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