

ST. PETER SCHOOL

HEALTHY HABITS MENU

FEBRUARY 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 DAY NO LUNCH

4	5	6	7	8
<p>HOT LUNCH Grilled Cheese Tomato Soup Fresh Veggie Medley with Ranch Grapes 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 Chicken Caesar Salad</p>	<p>HOT LUNCH Orange Chicken Vegetable Fried Rice Seasoned 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 Belgian Waffles with Pure Maple Syrup Scrambled Eggs Sausage Patty Fresh Fruit/Seasonal Milk, 1%</p> <p>NO GRAB-N-GO</p> <p>SALAD OF THE DAY Santa Fe Salad</p>	<p>HOT LUNCH Spaghetti with Meat Sauce Breadstick Garden Salad with Lite Ranch Dressing Mandarin Oranges 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 Chef Salad</p>	<p>HOT LUNCH Cheese Quesadilla Spanish Rice Corn Pineapple Chunks Milk, 1%</p> <p>GRAB-N-GO Hamburger on Bun Tiny Pretzel Twist Fruit Snacks Banana Milk, 1%</p> <p>SALAD OF THE DAY St. Louis Hill Salad</p>
11	12	13	14	15
<p>HOT LUNCH Nachos with Beef & Cheese Shredded Lettuce & Tomatoes Fiesta Black Beans Frozen Fruit Cup Milk, 1%</p> <p>GRAB-N-GO Breaded Chicken Breast Sandwich Baked Chips Carrot Sticks with Dip Orange Wedges 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 String Cheese & Pretzels Fresh Veggies & Dip Greek Yogurt Grapes 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 Rainbow Tortellini with Alfredo Sauce Tossed Salad Breadstick 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 Chef Salad</p>	<p>1/2 DAY NO LUNCH</p>
18	19	20	21	22
<p>NO SCHOOL</p> <p></p>	<p>HOT LUNCH Macaroni & Cheese Green Beans Whole Grain Dinner Roll 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 BLT Salad</p>	<p>HOT LUNCH French Toast with Pure Maple Syrup Sausage Links Scrambled Eggs Orange Wedges Milk, 1%</p> <p>NO GRAB-N-GO</p> <p>SALAD OF THE DAY Santa Fe Salad</p>	<p>HOT LUNCH Hand Breaded Chicken Strips Potato Wedges Glazed Carrots Fresh Apple Milk, 1%</p> <p>GRAB-N-GO Bagel & Cream Cheese Strawberries Greek Yogurt Hard Boiled Egg Milk, 1%</p> <p>SALAD OF THE DAY Chef Salad</p>	<p>HOT LUNCH All Natural Hot Dog Macaroni & Cheese 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>SALAD OF THE DAY St. Louis Hill Salad</p>
25	26	27	28	29
<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 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 BLT and Turkey Wrap Cheddar Cheese Goldfish Greek Yogurt Fresh Fruit 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 Toasted Beef Ravioli with Marinara Sauce Breadstick Garden Salad Fresh Fruit Cup Milk, 1%</p> <p>GRAB-N-GO Breaded Chicken Breast Sandwich Baked Chips Carrot Sticks with Dip Orange Wedges Milk, 1%</p> <p>SALAD OF THE DAY Chef Salad</p>	<p></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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