

# ST. PETER SCHOOL

## HEALTHY HABITS MENU

OCTOBER 2017

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

Milk Prices: to be determined -1% White, Chocolate

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<p><b>HOT LUNCH</b> Crunchy Taco with Salsa and Sour Cream Shredded Lettuce Tomato Fiesta Corn Fruit Salad Milk, 1%</p> <p><b>GRAB-N-GO</b> Chicken Caesar Wrap Veggie Sticks with Dip Orange Wedges 100 Calorie Chips Ahoy Milk, 1%</p>	<p><b>HOT LUNCH</b> French Dip-Roast Beef with Cheese on French Bread Buttered Pasta Glazed Carrots Pineapple Chunks Milk, 1%</p> <p><b>GRAB-N-GO</b> Ham &amp; Cheese on Whole Grain White Pretzels Fresh Veggies &amp; Dip Fresh Fruit Salad Milk, 1%</p>	<p><b>HOT LUNCH</b> French Toast with Maple Syrup Sausage Links Scrambled Eggs Orange Wedges Milk, 1%</p> <p><b>GRAB-N-GO</b> BLT Club Sandwich Tiny Pretzel Twist Mandarin Oranges 100 Calorie Snack Milk, 1%</p>	<p><b>HOT LUNCH</b> Toasted Beef Ravioli with Marinara Sauce Breadstick Garden Salad Fresh Fruit Salad Milk, 1%</p> <p><b>GRAB-N-GO</b> Chicken Snack Wrap Carrots with Dip Apple 100 Calorie Oreo Pak Milk, 1%</p>	<p><b>HOT LUNCH</b> <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;"><b>NO GRAB-N-GO</b></p> 
9	10	11	12	13
<p><b>HOT LUNCH</b> Orange Chicken Steamed White Rice Sugar Snap Peas Pineapple Chunks Milk, 1%</p> <p><b>GRAB-N-GO</b> Roast Beef on French Bread Cheddar Goldfish Fresh Broccoli with Dip Grapes Milk, 1%</p>	<p><b>HOT LUNCH</b> Spaghetti with Meatballs Breadstick Garden Salad with Lite Ranch Dressing Mandarin Oranges Milk, 1%</p> <p><b>GRAB-N-GO</b> Breaded Chicken Breast Baked Chips Sandwich Carrot Sticks with Dip Orange Wedges Milk, 1%</p>	<p><b>HOT LUNCH</b> PAPA JOHNS PIZZA</p> <p style="text-align: center;"><b>NO GRAB-N-GO</b></p> 	<p><b>HOT LUNCH</b> Chicken &amp; Cheese Soft Taco Salad Spanish Rice Fresh Fruit/ Seasonal Milk, 1%</p> <p><b>GRAB-N-GO</b> BLT and Turkey Wrap Cheddar Cheese Goldfish Greek Yogurt Fresh Fruit Milk, 1%</p>	<p><b>HOT LUNCH</b> Nachos with Beef &amp; Cheese Shredded Lettuce &amp; Tomatoes Fresh Fruit/Seasonal Milk, 1%</p> <p><b>GRAB-N-GO</b> Chicken Snack Wrap Carrots with Dip Apple 100 Calorie Oreo Pak Milk, 1%</p>
16	17	18	19	20
<p style="text-align: center;">NO SCHOOL COLUMBUS DAY</p> 	<p><b>HOT LUNCH</b> Cheeseburger French Fries Mixed Vegetables Fresh Fruit/ Seasonal Milk, 1%</p> <p><b>GRAB-N-GO</b> String Cheese &amp; Pretzels Fresh Veggies &amp; Dip Greek Yogurt Grapes Milk, 1%</p>	<p><b>HOT LUNCH</b> Homemade Pancakes with Maple Syrup Scrambled Eggs Bacon Strips Fresh Melon Milk, 1%</p> <p><b>GRAB-N-GO</b> Ham &amp; Cheese on Whole Grain White Pretzels Fresh Veggies &amp; Dip Fresh Fruit Salad Milk, 1%</p>	<p><b>HOT LUNCH</b> Homemade Beef and Cheese Burrito Tossed Salad Fiesta Corn Fresh Fruit/Seasonal Milk, 1%</p> <p><b>GRAB-N-GO</b> Hamburger on Bun Tiny Pretzel Twist Fruit Snacks Banana Milk, 1%</p>	<p><b>HOT LUNCH</b> Chicken Alfredo Over Penne Pasta Steamed Broccoli Whole Grain Dinner Roll Grapes Milk, 1%</p> <p><b>GRAB-N-GO</b> Bagel &amp; Cream Cheese Carrot Sticks Greek Yogurt Fresh Apple Milk, 1%</p>
23	24	25	26	27
<p><b>HOT LUNCH</b> Bosco Breadstick with Marinara Sauce Fresh Tossed Salad with Lite Ranch Dressing Green Beans Applesauce Milk, 1%</p> <p><b>GRAB-N-GO</b> Cheeseburger on Bun Sun Chips Veggie Sticks with Dip 100 Calorie Snack Milk, 1%</p>	<p><b>HOT LUNCH</b> Hand Breaded Chicken Strips Potato Wedges Glazed Carrots Fresh Apple Milk, 1%</p> <p><b>GRAB-N-GO</b> Turkey Wrap Sun Chips Veggie Sticks with Dip Fresh Fruit Salad Milk, 1%</p>	<p><b>HOT LUNCH</b> PAPA JOHNS PIZZA</p> <p style="text-align: center;"><b>NO GRAB-N-GO</b></p> 	<p><b>HOT LUNCH</b> Grilled Cheese Chicken Noodle Soup Fresh Veggie Medley with Ranch Grapes Milk, 1%</p> <p><b>GRAB-N-GO</b> Chicken Caesar Wrap Veggie Sticks with Dip Orange Wedges 100 Calorie Chips Ahoy Milk, 1%</p>	<p><b>HOT LUNCH</b> Sloppy Joe Waffle Cut Potatoes Buttered Corn Fresh Fruit/ Seasonal Milk, 1%</p> <p><b>GRAB-N-GO</b> Turkey on Whole Grain White Bread Baked Chips Baby Carrots with Ranch Banana Milk, 1%</p>
30	31			
<p><b>HOT LUNCH</b> Hamburger Tator Tots Green Beans Fresh Fruit/Seasonal Milk, 1%</p> <p><b>GRAB-N-GO</b> String Cheese &amp; Pretzels Fresh Veggies &amp; Dip Greek Yogurt Grapes Milk, 1%</p>	<p><b>HOT LUNCH</b> Macaroni &amp; Cheese Green Beans Whole Grain Dinner Roll Grapes Milk, 1%</p> <p><b>GRAB-N-GO</b> Sub Sandwich on Deli Bun Cheddar Goldfish Baby Carrots with Dip Mandarin Oranges Milk, 1%</p>			



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