

Saint Nicholas Catholic School Lunch Menu

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
			8/25 Chicken & Gravy over Biscuit Mashed Potatoes w/ Gravy Sliced Peaches Daily Alternatives: Cheeseburger on Bun Chef Salad w/ Sliced Bread	8/26 Macaroni & Cheese w/ Sliced Bread Steamed Green Beans Pineapple Tidbits Daily Alternatives: Cheese Pizza Chef Salad w/ Sliced Bread
8/29 Beef & Cheese Tacos Steamed Corn Diced Pears Daily Alternatives: Corn Dog Nuggets Chef Salad w/ Sliced Bread	8/30 Popcorn Chicken with Sliced Bread Steamed Broccoli Applesauce Daily Alternatives: Grilled Cheese Chef Salad w/ Sliced Bread	8/31 Hot Turkey Sandwich w/ Gravy Mashed Potatoes Sliced Peaches Daily Alternatives: Crispy Chicken Sandwich Chef Salad w/ Sliced Bread	9/1 Chicken Quesadilla Oven Roasted Carrots Pineapple Tidbits Daily Alternatives: Crispy Chicken Sandwich Chef Salad w/ Sliced Bread	9/2 Spaghetti & Meatballs w/ Sliced Bread Steamed Peas Mixed Fruit Daily Alternatives: Crispy Chicken Sandwich Chef Salad w/ Sliced Bread

How to make a Balanced Meal:

OFFER VS SERVE

- Take at least 3 of the 5 Components (One must be a Fruit or Vegetable)

- 1 —1 oz portion of Protein
- 2 oz of Grain
- 2—1/2cup of Veggies
- 1 —1/2 cup of fruit
- 1 cup of Milk

- Daily Vegetable Choices may include the following:

- 1/2 c. Featured Hot Vegetable
- 1/2c. Fresh Broccoli Florets
- 1/2 c. Fresh Baby Carrots

- Daily Fruit Choices may include the following:

- 1/2 c. Featured Fruit
- 1/2 c. Second Fruit Choice
- Fresh Apple
- Fresh Orange

Menu Subjected to Change