

April 2019

SAINT BERNARD'S SCHOOL MENU

LUNCH



School Information:



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Oven Crispy Nuggets!

1

Breaded Chicken Nuggets
Oven Baked French Fries
Whole Wheat Dinner Roll
Corn off the Cob
Choice of Fruit

Tuesday

These Dogs are Corny!

2

Corn Dog (Turkey) Nuggets
Oven Baked Potato Puffs
Cooked Carrots
Whole Wheat Roll
Choice of Fruit

Wednesday

Pasta Day Your Way!

3

Pasta Meat Sauce
Tossed Salad with Italian Dressing
Grated Cheese Green Beans
Whole Wheat Dinner Roll
Choice of Fruit

Thursday

Mexican Taco Salad!

4

Taco Chips & Taco Meat
Cheddar Cheese Lettuce Cup
Spicy Salsa Spanish Brown Rice
Refried Beans
100% Juice Sherbet or Fruit Cup

Friday

Crisp from the Oven!

5

Breaded Mozzarella Sticks
Marinara Sauce
Oven Baked French Fries
Steamy Broccoli Spears
Whole Wheat Dinner Roll / Fruit

SPRING VACATION

8

APRIL 8-12

SPRING VACATION

9

APRIL 8-12

SPRING VACATION

10

APRIL 8-12

SPRING VACATION

11

APRIL 8-12

SPRING VACATION

12

APRIL 8-12

Golden Baked Chicken Pattie!

15

Chicken Pattie /Cheese
Whole Wheat Bun
Oven Baked French Fries
Corn off the Cob
Choice of Fruit

Meatball Sub Day!

16

Meatballs and Sauce
Grinder Roll, Grated Mozzarella Cheese
Oven Baked French Fries
Mixed Vegetables
Choice of Fruit

Pasta Day Your Way!

17

Pasta Meat Sauce
Tossed Salad with Italian Dressing
Grated Cheese Green Beans
Whole Wheat Dinner Roll
Choice of Fruit

Where's the Beef?

18

Whole Wheat Bun
Hamburger, American Cheese
Oven Baked French Fries
Honey Baked Beans
Choice of Fruit

NO SCHOOL

19

GOOD FRIDAY

Ballpark Frank!

22

Hotdog (Turkey) in a Bun
Oven Baked French Fries
Corn off the Cob
Choice of Fruit

It's Breakfast for Lunch!

23

MINI Maple Waffles
Breakfast (Turkey)Sausage Link
Oven Baked Potato Puffs
Cooked Carrots
Choice of Fruit

Pasta Day Your Way!

24

Pasta Meat Sauce
Tossed Salad with Italian Dressing
Grated Cheese Green Beans
Whole Wheat Dinner Roll
Choice of Fruit

It's a Wrap-Mexican Style

25

Seasoned Chicken Fajita Strips
Shredded Cheddar Cheese, Lettuce Cup
Spicy Salsa Spanish Brown Rice
Refried Beans 100% Juice Sherbet or
Fruit Cup

The "MAX" Pizza!

26

Cheesy Pizza Square
Oven Baked French Fries
Steamy Broccoli Spears
Choice of Fruit

This Chicken is Popping!

29

Breaded Popcorn Chicken
Mashed Potatoes, Gravy
Whole Wheat Dinner Roll
Corn off the Cob
Choice of Fruit

This Lunch is Twisted!

30

Big Soft Twisted Pretzel
Stringy Mozzarella Sticks
Oven Baked Potato Puffs
Crunchy Carrots/Hummus Choice of Fruit

Menu items are subject to change without notice.

This institution is an equal opportunity provider and employer

