

SAINT BERNARD SCHOOL HOT LUNCH MENU

JUNE 2019

Monday

This Chicken is Popping! **3**
 Breaded Popcorn Chicken
 Mashed Potatoes, Gravy
 Whole Wheat Dinner Roll
 Corn off the Cob
 Choice of Fruit

Golden Baked Chicken Pattie! **10**
 Chicken Pattie /Cheese
 Whole Wheat Bun
 Oven Baked French Fries
 Corn off the Cob
 Choice of Fruit

Tuesday

These Dogs are Corny! **4**
 Corn Dog (Turkey) Nuggets
 Oven Baked Potato Puffs
 Cooked Carrots
 Whole Wheat Roll
 Choice of Fruit

It's Breakfast for Lunch! **11**
MINI Maple Waffles
 Breakfast (Turkey)Sausage Link
 Oven Baked Potato Puffs
 Cooked Carrots
 Choice of Fruit

Wednesday

Pasta Day Your Way! **5**
 Pasta Meat Sauce
 Tossed Salad with Italian Dressing
 Grated Cheese Green Beans
 Whole Wheat Dinner Roll
 Choice of Fruit

Pasta Day Your Way! **12**
 Pasta Meat Sauce
 Tossed Salad with Italian Dressing
 Grated Cheese Green Beans
 Whole Wheat Dinner Roll
 Choice of Fruit

Thursday

Chicken Teriyaki Nuggets! **6**
 Teriyaki Chicken Nuggets
 Oriental Rice, Sweet Peas
 Crunchy Carrots
 Whole Wheat Dinner Roll
 Fortune Cookie Choice of Fruit

13

Friday

The "MAX" Pizza! **7**
 Cheesy Pizza Square
 Oven Baked French Fries
 Steamy Broccoli Spears
 Chick Pea Salad
 Choice of Fruit

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Lunch offerings include an entrée, whole grain items, fresh and cooked veggies, fresh and canned fruit, low fat white or non-fat chocolate milk at every meal. Students may take three, four or five of these items, but they must choose at least ½ cup of fruits or veggies and 2 full servings of the other food components. Fresh baby carrots and hummus are available every day as a vegetable choice. Ketchup and mustard are available when applicable. Menu items are subject to change without notice. This institution is an equal opportunity provider and employer.

Help Wanted: Nutrition Services is accepting applications for part time workers and substitutes. Great hours for parents! Contact Nutrition Service Office for more info: 860-253-6509

