

# Saint Bernard School Hot Lunch Menu

## MAY 2019

**Monday**

APRIL 29: Popcorn Chicken

**Tuesday**

April 30: Big Soft Pretzel

**Wednesday**

**Thursday**

**Friday**

Oven Crispy Nuggets! **6**  
Breaded Chicken Nuggets  
Oven Baked French Fries  
Whole Wheat Dinner Roll  
Corn off the Cob  
Choice of Fruit

Meatball Sub Day! **7**  
Meatballs and Sauce  
Grinder Roll, Grated Mozzarella Cheese  
Oven Baked French Fries  
Cucumber *Wheels* Chick Pea Salad  
Choice of Fruit

Pasta Day Your Way! **8**  
Pasta Meat Sauce  
Tossed Salad with Italian Dressing  
Grated Cheese Green Beans  
Whole Wheat Dinner Roll  
Choice of Fruit

Thanksgiving in May! **9**  
Turkey and Gravy  
Mashed Potatoes  
Sweet Peas  
Whole Wheat Dinner Roll  
Choice of Fruit

Grilled to Perfection **3**  
Grilled Cheese Sandwich  
Hot Tomato Soup, Crackers  
Steamy Broccoli Spears  
Cucumber *Wheels*  
Choice of Fruit

Grandparent Day **10**  
No Hot Lunch

Golden Baked Chicken Pattie! **13**  
Chicken Pattie /Cheese  
Whole Wheat Bun  
Oven Baked French Fries  
Corn off the Cob  
Choice of Fruit

These Dogs are Corny! **14**  
Corn Dog (Turkey) Nuggets  
Oven Baked Potato Puffs  
Cooked Carrots  
Whole Wheat Roll  
Choice of Fruit

Pasta Day Your Way! **15**  
Pasta Meat Sauce  
Tossed Salad with Italian Dressing  
Grated Cheese Green Beans  
Whole Wheat Dinner Roll  
Choice of Fruit

Mexican Taco Salad! **16**  
Taco Chips & Taco Meat  
Cheddar Cheese Lettuce Cup  
Spicy Salsa Spanish Brown Rice  
Refried Beans  
100% Juice Sherbet or Fruit Cup

My Fav- Mac and Cheese! **17**  
Macaroni and Cheese  
Sweet Potato Fries  
Steamy Broccoli Spears  
Whole Wheat Dinner Roll  
Choice of Fruit

This Chicken is Popping! **20**  
Breaded Popcorn Chicken  
Mashed Potatoes, Gravy  
Whole Wheat Dinner Roll  
Corn off the Cob  
Choice of Fruit

It's Breakfast for Lunch! **21**  
**MINI** Maple Waffles  
Breakfast (Turkey)Sausage Link  
Oven Baked Potato Puffs  
Cooked Carrots  
Choice of Fruit

Pasta Day Your Way! **22**  
Pasta Meat Sauce  
Tossed Salad with Italian Dressing  
Grated Cheese Green Beans  
Whole Wheat Dinner Roll  
Choice of Fruit

Where's the Beef? **23**  
Whole Wheat Bun  
Hamburger, American Cheese  
Oven Baked French Fries  
Honey Baked Beans  
Choice of Fruit

The "MAX" Pizza! **24**  
Cheesy Pizza Square  
Oven Baked French Fries  
Steamy Broccoli Spears  
Choice of Fruit

**MEMORIAL DAY**  
NO SCHOOL

Ballpark Frank! **28**  
Hotdog (Turkey) in a Bun  
Oven Baked French Fries  
Corn off the Cob  
Choice of Fruit

Pasta Day Your Way! **29**  
Pasta Meat Sauce  
Tossed Salad with Italian Dressing  
Grated Cheese  
Steamy Broccoli Spears  
Whole Wheat Dinner Roll  
Choice of Fruit

It's a Wrap-Mexican Style **30**  
Seasoned Chicken Fajita Strips  
Shredded Cheddar Cheese, Lettuce  
Cup Spicy Salsa Spanish Brown Rice  
Refried Beans 100% Juice Sherbet or  
Fruit Cup

This Lunch is Twisted! **31**  
Big Soft Twisted Pretzel  
Stringy Mozzarella Sticks  
Oven Baked Potato Puffs  
Crunchy Carrots/Hummus  
Choice of Fruit

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