

# Saint Bernard School Hot Lunch Menu

## September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> NO SCHOOL	<b>3</b> <u>Where's the Beef?</u> Whole Wheat Bun Hamburger, American Cheese Oven Baked French Fries Corn off the Cob Choice of Fruit	<b>4</b> <u>Pasta Day Your Way!</u> Pasta Meat Sauce Tossed Salad with Italian Dressing Grated Cheese Green Beans Whole Wheat Dinner Roll Choice of Fruit	<b>5</b> <u>Mexican Taco Salad!</u> Taco Chips & Taco Meat Cheddar Cheese Lettuce Cup Spicy Salsa Spanish Brown Rice Refried Beans 100% Juice Sherbet or Fruit Cup	<b>6</b> <u>The "MAX" Pizza!</u> Cheesy Pizza Square Oven Baked French Fries Steamy Broccoli Spears Choice of Fruit
<b>9</b> <u>This Chicken is Popping!</u> Breaded Popcorn Chicken Mashed Potatoes, Gravy Whole Wheat Dinner Roll Corn off the Cob Choice of Fruit	<b>10</b> <u>These Dogs are Corny!</u> Corn Dog (Turkey) Nuggets Oven Baked Potato Puffs Cooked Carrots Whole Wheat Roll Choice of Fruit	<b>11</b> <u>Pasta Day Your Way!</u> Pasta Meat Sauce Tossed Salad with Italian Dressing Grated Cheese Green Beans Whole Wheat Dinner Roll Choice of Fruit	<b>12</b> <u>It's a Wrap-Mexican Style</u> Seasoned Chicken Fajita Strips Shredded Cheddar Cheese, Lettuce Cup Spicy Salsa Spanish Brown Rice Refried Beans 100% Juice Sherbet or Fruit Cup	<b>13</b> <u>Crisp from the Oven!</u> Breaded Mozzarella Sticks Marinara Sauce Oven Baked French Fries Steamy Broccoli Spears Whole Wheat Dinner Roll / Fruit
<b>16</b> <u>Oven Crispy Nuggets!</u> Breaded Chicken Nuggets Oven Baked French Fries Whole Wheat Dinner Roll Corn off the Cob Choice of Fruit	<b>17</b> <u>It's Breakfast for Lunch!</u> <b>MINI</b> Maple Waffles Breakfast (Turkey)Sausage Link Oven Baked Potato Puffs Cooked Carrots Choice of Fruit	<b>18</b> <u>Pasta Day Your Way!</u> Pasta Meat Sauce Tossed Salad with Italian Dressing Grated Cheese Green Beans Whole Wheat Dinner Roll Choice of Fruit	<b>19</b> <u>Thanksgiving in September</u> Turkey and Gravy Mashed Potatoes Sweet Peas Whole Wheat Dinner Roll Choice of Fruit	<b>20</b> <u>Grilled to Perfection</u> Grilled Cheese Sandwich Hot Tomato Soup, Crackers Steamy Broccoli Spears Chickpea Salad Choice of Fruit
<b>23</b> <u>Ballpark Frank!</u> Hotdog (Turkey) in a Bun Oven Baked French Fries Honey Baked Beans Choice of Fruit	<b>24</b> <u>Golden Baked Chicken Pattie</u> Chicken Pattie /Cheese Whole Wheat Bun Oven Baked French Fries Corn off the Cob Choice of Fruit	<b>25</b> <u>Pasta Day Your Way!</u> Pasta Meat Sauce Tossed Salad with Italian Dressing Grated Cheese Green Beans Whole Wheat Dinner Roll Choice of Fruit	<b>26</b> No Hot Lunch	<b>27</b> <u>My Fav- Mac and Cheese!</u> Macaroni and Cheese Sweet Potato Fries Steamy Broccoli Spears Whole Wheat Dinner Roll Choice of Fruit
<b>30</b> <u>Chicken Teriyaki Nuggets!</u> Teriyaki Chicken Nuggets Oriental Rice, Sweet Peas Corn off the Cob Whole Wheat Dinner Roll Fortune Cookie 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

