

JANUARY 2020

Saint Bernard School Hot Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday



This Chicken is Popping!

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

It's Breakfast for Lunch!

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

Pasta Day Your Way!

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

Meatball Sub Day!

Meatballs and Sauce
Grinder Roll, Grated Mozzarella Cheese
Oven Baked French Fries
Cucumber Wheels w / Hummus
Choice of Fruit

The "MAX" Pizza!

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

Where's the Beef?

Whole Wheat Bun
Hamburger, American Cheese
Oven Baked French Fries
Corn off the Cob
Choice of Fruit

Chicken Teriyaki Nuggets!

Teriyaki Chicken Nuggets
Oriental Rice, Sweet Peas
Cooked Carrots
Whole Wheat Dinner Roll
Fortune Cookie Choice of Fruit

Pasta Day Your Way!

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

Mexican Taco Salad!

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

Grilled to Perfection

Grilled Cheese Sandwich
Hot Tomato Soup, Crackers
Steamy Broccoli Spears
Choice of Fruit



Golden Baked Chicken Pattie!

Chicken Pattie /Cheese
Whole Wheat Bun
Cooked Carrots
Oven Baked French Fries
Choice of Fruit

Pasta Day Your Way!

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

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

My Fav- Mac and Cheese!

Macaroni and Cheese
Sweet Potato Fries
Steamy Broccoli Spears
Whole Wheat Dinner Roll
Choice of Fruit

Oven Crispy Nuggets!

Breaded Chicken Nuggets
Oven Baked French Fries
Whole Wheat Dinner Roll
Corn off the Cob
Crunchy Carrots w / Hummus
Choice of Fruit

These Dogs are Corny!

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

Buddy Pizza Lunch
NO HOT LUNCH

Waffle Brunch
NO HOT LUNCH

Crisp from the Oven!

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