

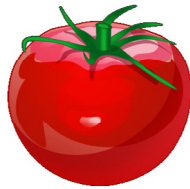
St. Peter School
 April 2010
 Lunch Menu

MONDAY

Powerful Endorphins:
 To boost your endorphin levels, engage in regular physical activity, eat a healthy diet, get plenty of rest and LAUGH!

TUESDAY

PRODUCE OF THE MONTH



TOMATO

WEDNESDAY

Tomatoes: low in Sodium, and very low in Saturated Fat and Cholesterol. It is also a good source of Vitamin E (Alpha Tocopherol), Thiamin, Niacin, Vitamin B6, Folate, Magnesium, Phosphorus and Copper, and a very good source of Dietary Fiber, Vitamin A, Vitamin C, Vitamin K, and Potassium.

THURSDAY


1
SPRING BREAK



FRIDAY


2
SPRING BREAK



5
Baseball Opening Day

Hot Dog on a Whole Wheat Bun
 Pickle Spear
 Fruit Cocktail
 Ice Juicy
 C=368 Ch=56 F=11

6
Baked Chicken Strips
 Crisp Lettuce
 Diced Peaches
 C=565 Cb=41 F=33

7
Galaxy Pizza
 Broccoli Florets
 Diced Pears
 C=559 Cb=63 F=27

8
Hamburger on a Bun

 Tomatoes
 Pineapple Tidbits
 C=311 Cb=34 F=9

9
Waffle Sticks w/Sausage Links
Syrup
 Applesauce
 Grape Juice
 C=467 Cb=68 F=13

12
Chicken Nuggets w/ Bread & Butter
 Green Beans
 Raisins
 C=554 Cb=87 F=17

13
Fun on the Run
 Bagel, Butter, Fruit
 Yogurt & Baby Carrots
 C=486 Cb=83 F=12

14
Red Baron Pizza
 Cauliflower
 Mini Banana
 C=452 Cb=73 F=10

15
Meatball Sandwich on a Bun
 Tator Tots
 Tropical Fruit
 C=628 Cb=73 F=30

16
Chicken Fajita w/ Taco Sauce
 Black Beans
 Diced Peaches
 C=532 Cb=65 F=8

19
Chicken Crispito Roll & Butter

 Tomatoes
 Pineapple Tidbits
 C=454 Cb=58 F=18

20
Nacho's w/Cheese Sauce
 Romaine Lettuce
 Mixed Fruit
 C=473 Cb=60 F=22

21
Tony's Cheese Pizza
 Black Olives
 Diced Pears
 C=473 Cb=53 F=23

22
Earth Day

Chicken Dino Nuggets
 Celery Sticks
 Mandarin Oranges
Earth Day Dessert
 C=361 Cb=40 f=14


23
Cheese Quesadilla
 Peas & Carrots
 Red Grapes
 C=419 Cb=49 F=16

26
Baked Chicken Leg w/Bread & Butter
 Steamed Corn
 Fresh Apple
 C=496 Cb=55 F=22

27
Golden Corn Dog
 Baked Beans
 Apricots
 C=480 Cb=85 C=9

28
Stuffed Crust Pizza
 Carrot Coins
 Applesauce
 C=480 Cb=57 F=19

29
French Toast w/ Sausage Patty
Syrup
 Orange Smileys
 Apple Juice
 C=531 Cb=102 F=12

30
Cheese Pizza Hot Pocket

 Tomatoes
 Diced Peaches
 C=443 Cb=62 F=12