

St. Peter's School
 March 2010
 Lunch Menu

MONDAY

TUESDAY

WEDNESDAY


THURSDAY

FRIDAY

1

Cheesburger on a Whole Wheat Bun
 Pickle Spear
 Apricot Halves
 C=403 Cb = 45 F=14

2

Dr. Seuss's Birthday

Chicken Patty on a Bun
 Romaine Lettuce
 Grape Juice
 Goldfish Cheese Crackers
 C= 539 Cb=67 F=21

3

French Bread Pizza
 Celery Sticks
 Mandarin Oranges
 C= 428 Cb=41 F=20

4

Foot Long Hot Dog on A Bun
 Baked Beans
 Fruit Cocktail
 C=593 Cb=89 F=17

5

Cheese Filled Breadstick with Marinara Sauce
 Green Beans
 Diced Apples
 C=459 Cb=55 F=18


8

Chicken Strips with Bread & Butter
 Carrot Coins
 Tropical Fruit
 C=797 Cb=66 F=48

9

Macaroni & Cheese with a Dinner Roll
 Mixed Lettuce
 Cranberry Sauce
 C=891 Cb=102 F=46

10

Tony's Cheese Pizza

 Broccoli
 Mini Banana
 C=409 Cb=54 F=14

11

Fun on the Run
 Ham & Cheese on a Whole Wheat Bun
 Jell-O Cup
 Baby Carrots
 Graham Cracker
 C=470 Cb=72 F=10

12

Fun Fish
 (Fish Sticks)
 Mashed Potatoes with Butter
 Mandarin Oranges
 C=608 Cb=55 F=37



15

Chicken Dino's with Bread & Butter
 Steamed Corn
 Red Grapes
 C=614 Cb=52 F=37

16

Hot Dog on a Bun
 Pickle Spears
 Pineapple Tidbits
 C=329 Cb=43 F=12

17

St. Patrick's Day

Stuffed Crust Pizza

 Broccoli
 Diced Pears
 C=452 Cb= 51 F=19


18

Pancakes & Sausage Patty with Syrup
 Fruit Juice
 Orange Smileys
 C=491 Cb=64 F=23

19

Soft Pretzel with Cheese Sauce
 Cauliflower
 Diced Peaches
 C=393 Cb=69 F=9

22

Chicken Drumstick with Bread & Butter

 Broccoli
 Pineapple Tidbits
 C=561 Cb=37 F=37

23

Mini Corn Dogs
 Green Beans
 Delicious Apple
 C=386 Cb=47 F=18

24

Red Baron Pizza
 Raisins
 Mixed Fruit
 C=636 Cb=123 F=9

25

Dino Pasta with Meatballs
 Celery Sticks
 Diced Peaches
 C==443 Cb=64 F=14

26

Grilled Cheese Sandwich
 Peas & Carrots
 Mandarin Oranges
 C=680 Cb=48 F=43

29

SPRING BREAK


30

SPRING BREAK


31

SPRING BREAK

Broccoli is very low in Saturated Fat and Cholesterol. It is also a good source of Protein, Vitamin E (Alpha Tocopherol), Thiamin, Riboflavin, Pantothenic Acid, Calcium, Iron, Magnesium, Phosphorus and Selenium, and a very good source of Dietary Fiber, Vitamin A, Vitamin C, Vitamin K, Vitamin B6, Folate,

PRODUCE OF THE MONTH:

BROCCOLI