

August 2017

Resurrection Catholic School Pk3-8

LUNCH



Welcome Back to another School Year
Cost for Lunch \$2.75 per day.
Cost for snack .50 per day.
Snack is Milk, Juice or Ice Cream on Fridays.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.
This institution is an opportunity provider and employer.



Monday



Tuesday

Wednesday

Thursday

Friday

7

1)Chicken Strips/Roll
2)Pizza/Mixed Veggies
Steamed Broccoli
Fruit/Juice

8

1)Chef Salad
2)Spaghetti/Lima Beans
California Veggie/Cheesy
Bread/Fruit/Juice

9

1)Fruit Yogurt Plate
2)Baked Ham Slices
Sweet Potato/Green Beans
Roll/Fruit/Juice

10

1)Fruit Yogurt Plate
2)Hamburger/F.F/Side Salad
Fruit/Juice

11

1)Corndog Nuggets
2)Grilled Chicken Sandwich
Baked Beans/California
Veggies
Fruit/Juice

14

1)Chicken Nuggets
Roll
2)B.B.Q Rib on Hoagie/
Green Beans/Carrots
Fruit/Juice

15

1)Chef Salad/Crackers
2)Cheesy Chicken/Rice
Sweet Potatoes/Mixed
Veggies/Roll/Fruit/Juice

16

1)Fruit Yogurt Plate
2)Steak Fingers/Mashed
Potatoes/Lima Beans/Roll
Fruit/Juice

17

1)Fruit Yogurt Plate
2)Hot Dog/F.F/Raw Veggies
Fruit/Juice

18

1)Hamburger Patty/Rice
Gravy/Roll
2)Hot Ham Cheese Hoagie
Lima Beans/Carrots
Fruit/Juice

21

1)Mandarin Chicken
Fried Rice
2)B.B.Q Rib on Hoagie
Steamed Broccoli/Mixed
Veggies/Fruit/Juice

22

1)Chef Salad/Crackers
2)Nacho Grande/Corn
Celery-Tomatoes
Fruit/Juice

23

1)Fruit Yogurt Plate
2)Stuffed Crust Pizza
California Veggies/Side Salad
Fruit/Juice

24

1)Fruit Yogurt Plate
2)Chicken Sandwich
F.F/Carrots w/Dip
Fruit/Juice

25

1)Chicken Nuggets/Roll
2)Meat Ball Sub
Buttered Potatoes/Green
Beans/Fruit/Juice

28

1)Corndog Nuggets
2)Spicy Chicken Sandwich
Steamed Broccoli/Baked
Beans/Fruit/Juice

29

1)Chef Salad/Crackers
2)Mexican Pizza/Corn
Side Salad/Fruit/Juice

30

1)Fruit Yogurt Plate
2)Honey Baked Chicken
Wings/California Veggies
Green Peas/Fruit/Juice

31

