

January 2019 Resurrection Catholic Elementary School

LUNCH



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 equal opportunity provider and employer

Monday

Tuesday

Wednesday

Thursday

Friday



7

1

2

3

4

- 8
- 1) Fish Nuggets
 - 2) Grilled Chicken Sandwich
Mac-Cheese/Squash
Mixed Veggies
Fruit/Juice

- 9
- 1) Chef Salad/Crackers
 - 2) Hamburger Patty/Rice
Gravy/Green Beans/Carrots
Roll/Fruit/Juice

- 10
- 1) Fruit Yogurt Plate
 - 2) Philly Cheese Steak
Sandwich/Broccoli/California
Veggies/Fruit/Juice

- 11
- 1) Fruit Yogurt Plate
 - 2) Hot Dog/T.T/Raw Veggies
Fruit/Juice

- 14
- 1) Chicken Strips
 - 2) Pizza /Mashed Potatoes
Lima Beans/Roll
Fruit/Juice

- 15
- 1) Broccoli Soup
Bread Bowl
 - 2) Chicken Sandwich
Carrots/Squash
Fruit/Juice

- 16
- 1) Chef Salad/Crackers
 - 2) Mexican Pizza
Corn/Side Salad
Fruit/Juice

- 17
- 1) Fruit Yogurt Plate
 - 2) Cheesy Chicken/Rice
Green Beans/Sweet Potatoes
Roll/Peaches/Juice

- 18
- 1) Fruit Yogurt Plate
 - 2) Cheese Burger/F.F
Raw Veggies/Fruit/Juice

21
NO SCHOOL
HOLIDAY

- 22
- 1) Taco Soup
 - 2) Hot Ham-Cheese Sandwich
Green Peas/Carrots
Fruit/Juice

- 23
- 1) Chef Salad/Crackers
 - 2) Nacho Grande
Side Salad/Corn
Fruit/Juice

- 24
- 1) Fruit Yogurt Plate
 - 2) Corn Dog
Baked Beans/Mixed Veggies
Fruit/Juice

- 25
- 1) Fruit Yogurt Plate
 - 2) Grilled Cheese Sandwich
T.T/Raw Veggies
Fruit/Juice

- 28
- 1) Mandarin Chicken
Fried Rice
 - 2) Pizza
Steamed Broccoli/Carrots
Fruit/Juice

- 29
- 1) Chili/Cheesy Bread
 - 2) B.B.Q Pork Rib on Hoagie
Raw Veggies/Squash
Fruit/Juice

- 30
- 1) Chef Salad/Crackers
 - 2) Stromboli Hot Pocket
Black Eyed Peas/Side Salad
Fruit/Juice

- 31
- 1) Fruit Yogurt Plate
 - 2) Stuffed Crust Pizza
Corn/California Veggies
Fruit/Juice

