



St. Peter School

Lunch Menu

January 2022

This institution is an equal opportunity provider

Individual Meals Menu

Approved by Haley Havighurst, RDN

Serving Sizes are as follows:

K - 5th Grade – Meat/MA 2oz, Grain 2oz, Vegetable ¾ cup, Fruit ½ cup, Low Fat or 1% unflavored or flavored milk 8oz

6th – 8th Grade - Meat/MA 2oz, Grain 2oz, Vegetable ¾ cup, Fruit ½ cup, Low Fat or 1% unflavored or flavored milk 8oz

Monday	Tuesday	Wednesday	Thursday	Friday
January 3 Hamburger w/ American Cheese WG Sandwich Roll Tator Tots Fruit Milk	January 4 Grilled Chicken WG Buttered Noodles Mixed Vegetables Fruit Milk	January 5 Turkey Ham & Cheese Sandwich Whole Grain Sandwich Roll Tomato/Cucumber Salad Fruit Milk	January 6 WG Chicken Nuggets Potato Wedges Ketchup Fruit Cocktail Milk	January 7 <p style="text-align: center;">Early Dismissal</p>
January 10 Turkey & Cheese on WW Bread Mayonnaise Carrot Sticks (Cooked Peas) Ranch Dressing Fruit Milk	January 11 Mac and Cheese w/ WG Pasta Cooked Broccoli Fruit Milk	January 12 Roast Beef and American Cheese WG Sandwich Roll Tomato/Cucumber Salad Fruit Milk	January 13 Swedish Meatballs WG Buttered Noodles Corn Fruit Milk	January 14 WG Pizza w/ Turkey Sausage String Cheese Carrot Sticks (cooked carrots) Ranch Fruit Milk
January 17 <p style="text-align: center;">School Holiday</p>	January 18 BBQ Meatballs Brown Rice Fresh Broccoli w/ Ranch Fruit Milk	January 19 Grilled Chicken Garden Salad w/ Cheese & Tomato Ranch Dressing WG Dinner Roll w/ Butter Fruit Milk	January 20 Turkey Sausage WG French Toast Breakfast Potatoes Fruit Milk	January 21 WG Cheese Pizza Carrot Sticks (cooked carrots) Ranch Fruit Milk
January 24 Beef BBQ WG Sandwich Roll Potato Wedges Ketchup Fruit Milk	January 25 Scrambled Eggs w/ Cheese WG English Muffin Breakfast Potatoes Fruit Milk	January 26 Turkey and American on WG Bun Mayo Side Garden Salad w/ Italian Dressing (<i>Diced and Peeled Cucumber</i>) Fruit Milk	January 27 Beef and Cheese Taco WG Flour Tortilla Corn & Black Bean Salad Fruit Milk	January 28 WG Pizza w/ Turkey Sausage String Cheese Carrot Sticks (cooked carrots) Ranch Fruit Milk
January 31 Roast Turkey w/ Gravy WW Bread Green Beans Cranberry Applesauce Milk				

WG = Whole Grain

Fruit options vary when in season and will be rotated based on availability: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos