

St. Peter School Lunch Menu

October 2020

This institution is an equal opportunity provider.

Approved by Barbara Myers RD, LD/N

Serving Sizes are as follows:

1-2 Year Old – m/ma 1oz, Fruit ¼ c, vegetable ¼ c, grain 1oz, 4oz 1% Plain Milk (*menu modifications in italics*)

3-5 Year Old – m/ma 1.5oz, Fruit ¼ c, vegetable ¼ c, grain 1oz, 6oz 1% Plain Milk

School Age – m/ma 2oz, fruit ½ c, vegetables ¾ c, grain 1oz, 8oz Plain or Chocolate 1% Milk



Monday	Tuesday	Wednesday	Thursday	Friday
			October 1 Baked Veggie Cheese Ziti Cooked Broccoli Fruit Milk	October 2 Early Dismissal
October 5 BBQ Meatballs WG Dinner Roll Peas Fruit Milk	October 6 SunButter & Jelly Sandwich Carrot Sticks (<i>Chic Peas</i>) Ranch Dressing Fruit Milk	October 7 Beef and Cheese Soft Taco Corn Salad Fruit Milk	October 8 Turkey Sausage French Toast Breakfast Potatoes Fruit Milk	October 9 French Bread Pizza Potato Salad Fruit Milk
October 12 Honey Turkey Ham Steaks Rice Pilaf Green Beans Fruit Milk	October 13 Grilled Chicken Caesar Salad Dinner Roll Fruit Milk	October 14 Cheddar Cheese Burger WG Bun Potato Wedges Ketchup Fruit Milk	October 15 Mac and Cheese Cooked Broccoli Fruit Milk	October 16 French Bread Pizza Potato Salad Fruit Milk
October 19 Parent Teacher Conferences No School for Students	October 20 Open Faced Roasted Turkey Sandwich with Gravy Corn Fruit Milk	October 21 Meatball Parm WG Garlic Toast Mixed Veg Fruit Milk	October 22 BBQ Chicken Macaroni Salad Green Beans Fruit Milk	October 23 French Bread Pizza Potato Salad Fruit Milk
October 26 2 Hot Dogs Dill Cucumber Salad Fruit Milk	October 27 Turkey Ham & American Hoagie WG Hoagie Roll Carrot Sticks (<i>Chic Peas</i>) Fruit Milk	October 28 Grilled Chicken Dinner Roll Potatoes and Corn Fruit Milk	October 29 Chicken Tenders Honey Mustard Cooked Carrots Fruit Milk	October 30 French Bread Pizza Potato Salad Fruit 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