

# St. Peter School

## September 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
	<b>September 1</b>  <b>Early Dismissal</b>	<b>September 2</b>  <b>Baked Veggie Cheese Ziti</b> Cooked Broccoli Fruit Milk	<b>September 3</b>  <b>BBQ Meatballs</b> WG Dinner Roll Peas Fruit Milk	<b>September 4</b>  <b>Flatbread Cheese Pizza</b> Carrot Sticks ( <i>Chic Peas</i> ) Ranch Dressing Fruit Milk
<b>September 7</b>  <b>Turkey Chili</b> Corn Bread Fruit Milk	<b>September 8</b>  <b>Grilled Chicken</b> Hearty Vegetable Pasta Salad Fruit Milk	<b>September 9</b>  <b>Beef and Cheese Soft Taco</b> Corn Salad Fruit Milk	<b>September 10</b>  <b>Honey Turkey Ham Steaks</b> Rice Pilaf Green Beans Fruit Milk	<b>September 11</b>  <b>Flatbread Cheese Pizza</b> Cucumber Slices ( <i>Diced and Peeled Cucumber</i> ) Fruit Milk
<b>September 14</b>  <b>Cheddar Cheese Burger</b> WG Bun Potato Wedges Ketchup Fruit Milk	<b>September 15</b>  <b>Breaded Chicken Salad</b> WG Bun Carrot Sticks ( <i>Chic Peas</i> ) Fruit Milk	<b>September 16</b>  <b>Mac and Cheese</b> Cooked Broccoli Fruit Milk	<b>September 17</b>  <b>Open Faced Roasted Turkey Sandwich with Gravy</b> Corn Fruit Milk	<b>September 18</b>  <b>Flatbread Cheese Pizza</b> Tomato Cucumber Salad Fruit Milk
<b>September 21</b>  <b>Meatball Parm</b> WG Garlic Toast Mixed Veg Fruit Milk	<b>September 22</b>  <b>Chicken Caesar Salad</b> <i>(Chicken Caesar Wrap)</i> Dinner Roll 3+ Only Fruit Milk	<b>September 23</b>  <b>BBQ Chicken</b> Macaroni Salad Green Beans Fruit Milk	<b>September 24</b>  <b>Turkey Ham &amp; American Hoagie</b> WG Hoagie Roll Dill Cucumber Salad Fruit Milk	<b>September 25</b>  <b>Flatbread Cheese Pizza</b> Carrot Sticks ( <i>Chic Peas</i> ) Fruit Milk
<b>September 28</b>  <b>Maryland Chicken</b> Dinner Roll Potatoes and Corn Fruit Milk	<b>September 29</b>  <b>Turkey and American on Bun</b> Mayo Potato Salad Milk	<b>September 30</b>  <b>Chicken Tenders</b> Honey Mustard Cooked Carrots 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