



HS K-8 SNP MENU – MAY 2024

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | | | | | |
|----------------|---|--|--|--|--|--|--|---|--|--|
| | | | | | | | | | | |
| BREAKFAST MEAL | | | | | | | | 1 <u>WG Bagel w/Cream Chs (2 oz)</u> 1/2 c Pears, ¼ c Craisins | 2 <u>WG Pancake w/Rasp Syrup</u> 1 Banana + ½ c Apple Juice | 3 <u>WG Gran w/Cherry Yog (5 oz)</u> ½ c Oranges, ½ c Strawberries |
| Lunch MMA | | | | | | | | <u>Chicken Philly</u> 3/4 c Cucumbers (Otr) ½ c Pears <u>WG Hoagie(2 oz)</u> | <u>BBQ Chicken Leg (4 oz)</u> 3/4 c Chick Peas (Leg) 1 Apple WG Bro Rice(4 oz)+ <u>Roll(2 oz)</u> | <u>WG Cheese Pizza (1 Slice)</u> 3/4 c Carrots w/Ranch (R/O) 1 Banana <u>Grain in Crust (2 oz)</u> |
| Veg | | | | | | | | | | |
| Fruit | | | | | | | | | | |
| Grain | | | | | | | | | | |
| | 6 | 7 | 8 | 9 | 10 | | | | | |
| BREAKFAST MEAL | <u>WG Bagel w/CrmChs (2 oz)</u> ½ c Sliced Apples + 1 Banana | <u>WG Cin Toast Crun Bowl (1 oz)</u> 1 Apple + ½ c Pineapples | <u>WG Apple Bites (2 oz)</u> 1 Banana + ½ c Sliced Peaches | <u>WG Mini Waffles (2 oz)</u> 1 Orange + ½ c Pears | <u>WG Gran w/Straw Yog (5 oz)</u> 1 Apple + ½ c Orange Juice | | | | | |
| Lunch MMA | <u>Beef Quesadilla (1 1/8 c)</u> 3/4 c Corn (Starch) 1 Banana <u>Nachos (2 oz)</u> | <u>WG Chicken Nuggets (3 oz)</u> 3/4 c Spinach (Dark Grn) 1 Orange <u>WG Tortilla (2 oz)</u> | <u>Philly Cheesesteak</u> 3/4 c Cucumbers (Otr) ½ c Pears <u>WG Hoagie (2 oz)</u> | <u>Chicken Nachos</u> 3/4 c Black Beans (Leg) ½ c Pineapples WG in Chicken + <u>Roll (2 oz)</u> | <u>WG Cheese Pizza (1 Slice)</u> 3/4 c Carrots w/Ranch (R/O) 1 Banana <u>Grain in Crust (2 oz)</u> | | | | | |
| Veg | | | | | | | | | | |
| Fruit | | | | | | | | | | |
| Grain | | | | | | | | | | |
| | 13 | 14 | 15 | 16 | 17 | | | | | |
| BREAKFAST MEAL | <u>WG Banana Muffin (2 oz)</u> 1 Orange + 1 Apple | <u>WG Cin Toast Crun Bowl (1 oz)</u> 1 Apple + ½ c Pineapples | <u>Soft Filled CTCB (2 oz)</u> 1 Banana + ½ c Sliced Peaches | <u>WG French Toast Sticks (3 oz)</u> 1 Banana + ½ Apple Juice | <u>WG Gran w/Cherry Yog (5 oz)</u> 1 Apple + ½ c Orange Juice | | | | | |
| Lunch MMA | <u>Turkey Gyros w/Cuc Sauce</u> 3/4 c Corn (Starch) 1 Banana <u>WG Pita (2 oz)</u> | <u>Teriyaki Chicken (2.8 oz)</u> 3/4 c Broccoli (Dark Grn) 1 Orange Brn Rice (4 oz) + <u>Roll (1 oz)</u> | <u>SS Meatball Sub</u> 3/4 c Green Beans (Otr) ½ c Pears <u>WG Hoagie (2 oz)</u> | <u>BBQ Chicken Tenders (3 oz)</u> 3/4 c Chick Peas (Leg) 1 Apple <u>WG Bun (2 oz)</u> | <u>WG Cheese Pizza (1 Slice)</u> 3/4 c Carrots w/Ranch (R/O) 1 Banana <u>Grain in Crust (2 oz)</u> | | | | | |
| Veg | | | | | | | | | | |
| Fruit | | | | | | | | | | |
| Grain | | | | | | | | | | |
| | 22 | 23 | 24 | 25 | 20 | | | | | |
| BREAKFAST MEAL | <u>WG Bagel w/Crm Chs (2 oz)</u> ½ c Sliced Apples + 1 Banana | <u>WG Chocolate Cres Roll (2.29 oz)</u> 1 Apple + ½ c Pineapples | <u>WG Apple Bites (2 oz)</u> 1 Banana + ½ c Sliced Peaches | <u>WG French Toast Bites (3 oz)</u> 1 Orange + ½ c Pears | <u>WG Gran w/Straw Yog (5 oz)</u> 1 Apple + ½ c Orange Juice | | | | | |
| Lunch MMA | <u>WG Chicken Tenders (3.5 oz)</u> 3/4 c French Fries (Leg) 1 Banana WG in Tender + <u>Roll (2 oz)</u> | <u>Beef Meatsauce (3 oz)</u> 3/4 c Broccoli (Dark Grn) ½ c Applesauce WG Pasta(4 oz) = 2 oz | <u>Chicken Sandwich</u> 3/4 c Celery (otr) ½ c Pears <u>WG Bun (2 oz)</u> | <u>Beef Nachos</u> 3/4 c Baked Beans (Leg) 1 Apple <u>Nachos (2 oz)</u> | <u>WG Cheese Pizza (1 Slice)</u> 3/4 c Carrots w/Ranch (R/O) 1 Banana <u>Grain in Crust (2 oz)</u> | | | | | |
| Veg | | | | | | | | | | |
| Fruit | | | | | | | | | | |
| Grain | | | | | | | | | | |
| | 27 | 28 | 29 | 30 | 31 | | | | | |
| BREAKFAST MEAL | <u>WG Bagel Bites (2 oz)</u> ½ c Oranges, ½ c Apple Juice | <u>WG Blueberry Muffin (2 oz)</u> ½ c Peaches, ½ c Orange Juice | <u>Soft Filled CTCB (2 oz)</u> 1/2 c Pears, ¼ c Craisins | <u>WG Pancake w/Rasp Syrup</u> 1 Banana + ½ c Apple Juice | <u>WG Gran w/Cherry Yog (5 oz)</u> ½ c Oranges, ½ c Strawberries | | | | | |
| Lunch MMA | <u>Orange Chicken (4 oz)</u> 3/4 c Corn (Starch) 1 Banana WG Brown Rice (4 oz) = 2 oz | <u>BBQ Drumstick (5.15oz)</u> 3/4 c Spinach (Dark Grn) 1 Orange <u>WG Roll (2 oz)</u> | <u>Chicken Quesadilla</u> 3/4 c Brussels Sprouts (Otr) 1 Pear <u>WG Tortilla (2 oz)</u> | <u>Spaghetti M/Sauce (8 oz)</u> 3/4 c Black Beans (Leg) 1 Apple Grain in Nood + <u>WG Roll (1 oz)</u> | <u>WG Cheese Pizza (1 Slice)</u> 3/4 c Carrots w/Ranch (R/O) 1 Banana <u>Grain in Crust (2 oz)</u> | | | | | |
| Veg | | | | | | | | | | |
| Fruit | | | | | | | | | | |
| Grain | | | | | | | | | | |

Breakfast fruit is at least a combined total of 3/4 c – All veg is 3/4 c. –No pork/pork by products, fish or nuts served. Breakfast and Lunch meals include skim, 1% milk or FF Flavored Milk. **All menu change requests and inquiries must be submitted via email to st.paulrestaurant@gmail.com**