

St Francis Learning Center Lunch Cycle Menu 2018-19 v08.21.18 Turkey Cheese Sandwich entrée alternative offered daily & boxed salad meal offered daily

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Slow Roasted BBQ PULLED PORK on a Whole Grain BUN Crispy Tater Tot Potatoes Baked Beans and Creamy Coleslaw Pears Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl</p>	<p>SPAGHETTI & BEEF MEATBALLS♦ with Red Sauce over Whole Grain PASTA Parmesan Cheese Whole Grain Garlic Breadstick Steamed Broccoli Applesauce & Fresh Fruit Bowl Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings</p>	<p>TACO IN A BAG with Taco Meat♦, Whole Grain Nacho Tortilla Chips, Lettuce, Tomato, Cheese, Peppers, Olives, Lite Sour Cream & Salsa 100% Juice Cup Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl</p>	<p>Crispy CHICKEN TENDERS♦ Creamy Mashed Potatoes and Gravy Cooked Carrots Mixed Fruit Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl Whole Grain Dinner Roll</p>	<p>Whole Grain CHEESE BOSCO STICKS♦ with Pizza Sauce Green Beans with Red Peppers Peaches Jello Salad with Mixed Fruit Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl</p>
<p>Glazed CHICKEN TERIYAKI BITES♦ Vegetable Egg Roll with Sweet & Sour Sauce Oriental Whole Grain Rice Oriental Vegetables Pineapple Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl Fortune Cookie</p>	<p>State Fair Style Whole Grain MINI CORN DOGS♦ with Mustard & Ketchup Baby Steamed Carrots Baked Potato with Cheese Sauce, Lite Sour Cream and Green Onions Mandarin Oranges Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl</p>	<p>TACO MEAT TACOS on Whole Grain SOFT OR HARD SHELL TORTILLAS Lettuce, Tomatoes, Shredded Cheese Lite Sour Cream and Salsa Refried Beans Spanish Whole Grain Rice Applesauce Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl</p>	<p>School Made CHICKEN PARMESAN with Mozzarella Cheese & Marinara Sauce over Whole Grain PASTA Steamed Broccoli Peaches Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl Sorbet Cup</p>	<p>Whole Grain CHEESY CALZONE with Pizza Sauce Baked Beans Fresh Veggies & Low Fat Dip Pears Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl</p>
<p>Glazed SESAME CHICKEN over Oriental Whole Grain Rice with Vegetarian Egg Roll Steamed Broccoli Pineapple & Mandarin Oranges Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl Fortune Cookie</p>	<p>BRUNCH LUNCH: WHOLE GRAIN FRENCH TOAST STICKS with Syrup TURKEY SAUSAGE Fruited Yogurt Green Beans with Red Peppers Applesauce, 100% Juice Cup Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl</p>	<p>CREAMY CHICKEN ALFREDO SAUCE over WHOLE GRAIN LINGUINI Whole Grain Garlic Breadstick Green Peas & Carrots Peaches Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl Whole Grain M&M Cookie</p>	<p>ITALIAN BEEF MEATBALL GRINDER with Mozzarella Cheese & Tomato Sauce on a Whole Grain BUN Cheesy Au gratin Potatoes Baked Beans, Creamy Cole Slaw Mixed Fruit Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl</p>	<p>BEEF OR CHEESE School Made ZITI Made with Whole Grain Pasta Whole Grain Garlic Breadstick Baby Carrots Pineapple Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl</p>
<p>Home Style TATER TOT HOTDISH Sister Schubert Wheat Dinner Roll 2 oz Steamed Corn Broccoli Bacon Salad Peaches Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl</p>	<p>CHICKEN in GRAVY over CREAMY MASHED POTATOES School Baked Whole Grain Roll Cranberry Sauce Green Beans with Red Peppers Pineapple & Fresh Fruit Bowl Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Home Style School Made Fruit Crisp</p>	<p>Whole Grain NACHOS with Beef Taco Meat♦, Cheese, Lettuce, Tomato, Red Peppers, Olives, Lite Sour Cream & Salsa Refried Beans 100% Juice Cup Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl</p>	<p>Crispy POPCORN CHICKEN♦ with BBQ and Honey Mustard Sauce Whole Grain Pasta Salad Creamy Coleslaw Mixed Fruit Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl Harvest of the Month Sampling</p>	<p>Whole Grain MOZZARELLA CHEESE STIX♦ with Pizza Sauce Cooked Carrots Applesauce Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl</p>
<p>HOT TURKEY OPEN FACE SANDWICH on WHOLE GRAIN BREAD with Creamy MASHED POTATOES & GRAVY over all Cranberry Sauce Peas Peaches Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl</p>	<p>CHILI CHEESE FRITOS with Reduced Fat Fritos, Onions, Cheese & Lite Sour Cream Whole Grain Combread with Honey Butter Topping Steamed Broccoli Pears Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl</p>	<p>LOADED FOOTLONG HOT DOG on a Whole Grain BUN with pickle relish, onions & mustard, Crispy Tater Tots Baked Beans Baby Carrots Mandarin Oranges Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl</p>	<p>SCHOOL MADE CHEESY LASAGNA Whole Grain Garlic Bread Stick Steamed Corn Pineapple Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl</p>	<p>BREADED FISH SANDWICH OR GRILLED CHEESE SANDWICH on Whole Grain Bread Dippin' Cream of Tomato Soup Ambrosia Fruit Salad Creamy Coleslaw Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl and Frozen Juicy</p>
<p>BREADED PORK CUTLET with MASHED POTATOES and GRAVY with WHOLE GRAIN TEA ROLL Steamed Broccoli Mixed Fruit Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl</p>	<p>ROAST BEEF FRENCH DIP with Peppers, Onions and Swiss on a Whole Grain BUN with Au Jus, Horseradish Sauce, or Mayo Steamed Corn and Broccoli Bacon Salad Pears Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl Assorted Pudding with Whipped Topping</p>	<p>BIG DADDY'S BUFFALO CHICKEN or FOUR MEAT PIZZA on Whole Grain Crust with Toppings: Celery Sticks, Diced Tomatoes and Lite Ranch Dressing Cooked Carrots Mandarin Oranges & Fresh Fruit Bowl Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Whole Grain Chocolate Chip Cookie</p>	<p>Loaded BACON CHEESEBURGER on Whole Grain BUN with Lettuce, Tomato Slices and Onions Crispy Tater Tots Baked Beans Applesauce Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl</p>	<p>Whole Grain PERSONAL PAN CHEESE PIZZA Peas and Carrots Creamy Coleslaw Pineapple Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl</p>