



# St Anthony School



1		2		3		4		5	
<i>Breakfast</i>		<i>Breakfast</i>		<i>Breakfast</i>		<i>Breakfast</i>		<i>Breakfast</i>	
8		9		10		11		12	
<i>Breakfast</i>		<i>Breakfast</i>		<i>Breakfast</i>		<i>Breakfast</i>		<i>Breakfast</i>	
15		16		17		18		19	
<i>Breakfast</i>		<i>Breakfast</i>		<i>Breakfast</i>		<i>Breakfast</i>		<i>Breakfast</i>	
				fresh banana egg & cheese (M) in a whole-grain biscuit (2G) <b>Lunch</b>		diced peaches apple bran muffin (2G) ** <b>Lunch</b> <b>turkey breast &amp; cheese</b> 3-bean pasta salad (2V) (1/2G) carrot sticks (3V) fresh red grapes (2F) wheat roll (2G), mustard		sliced apples pancake (1G)-syrup grilled breakfast ham (M) <b>Lunch</b> <b>taco beef burrito</b> (2G) Spanish rice w/veggies (1V)(1/2G) refried beans (3V) lettuce/tomato (2V), salsa seasonal fresh fruit (2F)	
22		23		24		25		26	
<i>Breakfast</i>		<i>Breakfast</i>		<i>Breakfast</i>		<i>Breakfast</i>		<i>Breakfast</i>	
fresh orange, cut whole wheat bread (1G) whipped 'SUN' butter (M) <b>Lunch</b> <b>pizza, pepperoni</b> (3G) steamed broccoli florets (3V) fresh salad/romaine (4V) chilled mixed fruit (2F) light ranch dressing		fresh apple migas breakfast taco (2G) w/egg, veggies & cheese (M) <b>Lunch</b> <b>breaded beef steak</b> (1G) mashed potato (4V) green beans (3V) mandarin oranges (2F) brown gravy		pineapple chunks peach yogurt muffin (2G) ** <b>Lunch</b> <b>bean &amp; cheese burrito</b> (2G) baked tater tots (4V) fresh celery sticks (3V) seasonal fresh fruit (2F) taco sauce, ketchup		applesauce warm waffle (1G)-syrup turkey sausage link (M) <b>Lunch</b> <b>grilled chicken &amp; veggie</b> (2V) w/multi-grain spaghetti (1G) crinkle carrots (3V) orange wedges (2F) whole wheat roll (1-1/2G)		fresh banana whole grain cereal mix (2G) ** <b>Lunch</b> <b>turkey corny dog</b> (1G) bbq beans (3V) carrot/pineapple salad (3V) diced peaches (2F) ketchup, mustard	
29		30		31		1-Sep		2-Sep	
<i>Breakfast</i>		<i>Breakfast</i>		<i>Breakfast</i>		<i>Breakfast</i>		<i>Breakfast</i>	
diced pears turkey sausage (M) in a whole-grain biscuit (2G) <b>Lunch</b> <b>chicken breast nuggets</b> (1G) sweet potatoes (4V) buttered cut corn (3V) fruit n'gelatin (2F) ketchup		fresh orange, cut pineapple oat muffin (2G) ** <b>Lunch</b> <b>burger-wheat bun</b> (2G) diced oven potatoes (4V) steamed carrot coins (3V) fresh red or green apple (2F) ketchup		sliced apples french toast (1G)-syrup grilled breakfast ham (M) <b>Lunch</b> <b>maple roast chicken</b> veggie rice pilaf (2V)(1/2G) steamed broccoli florets (3V) fresh melon wedge (2F) whole wheat roll (1-1/2G)					

- Breakfast**
- 2 1/2 cups fruit+
- 2 1/2 cup juice
- 8 grains
- Lunch**
- Meat 10 oz
- Veggies 4 cups
- 8starch,6D,8O,5L
- Fruit 1 1/4 cups
- 9 1/2 grains
  
- Breakfast**
- 2 1/2 cups fruit+
- 2 1/2 cup juice
- 8 grains
- Lunch**
- Meat 10 oz
- Veggies 4 cups
- 8starch,5D,5O,6L
- Fruit 1 1/4 cups
- 9 1/2 grains
  
- Breakfast**
- 2 1/2 cups fruit+
- 2 1/2 cup juice
- 8 grains
- Lunch**
- Meat 10 oz
- Veggies 4 cups
- 8starch,6D,7O,2L
- Fruit 1 1/4 cups
- 9 grains



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Catering		1		2		Catering			
<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>		
			fresh banana warm flour tortilla (1G) chicken breakfast hash (M) <b>Lunch</b> beef meatballs & sauce over fusilli pasta (1G) green beans (3V) fresh salad/spinach (4V) baked peaches n'oats (2F)	dried raisins whole grain cereal (2G) ** <b>Lunch</b> chicken fajitas-tortilla (2G) black beans (2V) Spanish veggie rice (2V)(1/2G) lettuce/tomato (2V), salsa chilled pineapple bits (4F)	2 1/2 cups fruit+	2 1/2 cup juice	8 grains		
							<b>Lunch</b> Meat 10 oz Veggies 4 cups 8starch,6D,7O,2L Fruit 1 1/4 cups 9 grains		
5		6		7		8		9	
<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
<b>Labor Day Holiday</b>	sliced peaches carrot spice muffin (2G) ** <b>Lunch</b> sliced turkey in gravy mashed potatoes (4V) green beans (3V) fresh orange wedges (2F) whole wheat roll (1 1/2G)	fresh red apple toasted oats cereal (2G) ** <b>Lunch</b> meaty penne pasta (1G) yellow wax beans (3V) fresh salad/spinach (4V) fruit n'gelatin (2F) french bread slice (1G)	pineapple chunks pancake (1G)-syrup grilled breakfast ham (M) <b>Lunch</b> grilled chicken wrap (2G) with lettuce mix (4V) fresh veggie sticks (3V) melon slice (2F) crunchy pretzels (1/2G), light ranch	cantaloupe wedge chicken breast (M) in a whole-grain biscuit (2G) <b>Lunch</b> cheddar cheese sauce with corn tortilla chips (2G) refried beans (3V) taco salad (3V), salsa, ranch fresh banana (2F)	2 1/2 cups fruit+	2 1/2 cup juice	8 grains	<b>Lunch</b> Meat 10 oz Veggies 4 cups 8starch,5D,5O,6L Fruit 1 1/4 cups 10 grains	
12		13		14		15		16	
<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
applesauce migas breakfast taco (2G) w/egg, veggies & cheese (M) <b>Lunch</b> pizza, cheese (2G) italian vegetables (3V) fresh salad/romaine (4V) chilled mixed fruit (2F) light ranch dressing	pineapple tidbits french toast (1G)-syrup turkey sausage link (M) <b>Lunch</b> meatloaf n' gravy mashed potatoes (4V) steamed green beans (3V) seasonal fresh fruit (2F) multi-grain roll (1 1/2G)	fresh banana whole grain cereal mix (2G) ** <b>Lunch</b> oven fried chicken (1/2G) cowboy beans (3V) carrot coins (3V) fresh melon wedge (2F) whole wheat roll (1-1/2G)	diced pears berry oat muffin (2G) ** <b>Lunch</b> old world meat sauce (2V) w/multi-grain spaghetti (1G) cali mixed vegetables (3V) baked apple n'oats (3F) garlic bread stick (1G)	fresh orange, cut warm english muffin (2G) with lean ham slice (M) <b>Lunch</b> turkey frank-bun (1-1/2G) baked tater tots (4V) garbanzo n'cuke salad (3V) seasonal fresh fruit (2F) ketchup, mustard	2 1/2 cups fruit+	2 1/2 cup juice	9 grains	<b>Lunch</b> Meat 10 oz Veggies 4 cups 8starch,5D,5O,5L Fruit 1 1/4 cups 9 grains	
19		20		21		22		23	
<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
dried raisins toasted oats cereal (2G) ** <b>Lunch</b> burger-wheat bun (2G) oven crinkle fries (4V) steamed green peas (3V) chilled tropical fruit (2F) ketchup	fresh apple wheat tortilla roll-up (1G) w/shaved turkeyham (M) <b>Lunch</b> chicken breast nuggets (1G) sweet potatoes (4V) steamed broccoli florets (3V) melon wedge (2F) ketchup	fresh banana egg & cheese (M) in a whole-grain biscuit (2G) <b>Lunch</b> chili mac pasta (1G) steamed green beans (3V) fresh salad/spinach (4V) orange wedges (2F) french bread slice (1G)	diced peaches apple bran muffin (2G) ** <b>Lunch</b> turkey breast & cheese 3-bean pasta salad (2V) (1/2G) carrot sticks (3V) fresh red grapes (2F) wheat roll (2G), mustard	sliced apples pancake (1G)-syrup grilled breakfast ham (M) <b>Lunch</b> taco beef burrito (2G) Spanish rice w/veggies (1V)(1/2G) refried beans (3V) lettuce/tomato (2V), salsa seasonal fresh fruit (2F)	2 1/2 cups fruit+	2 1/2 cup juice	8 grains	<b>Lunch</b> Meat 10 oz Veggies 4 cups 8starch,6D,8O,5L Fruit 1 1/4 cups 9 1/2 grains	
26		27		28		29		30	
<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
fresh orange, cut whole wheat bread (1G) whipped 'SUN' butter (M) <b>Lunch</b> pizza, pepperoni (3G) steamed broccoli florets (3V) fresh salad/romaine (4V) chilled mixed fruit (2F) light ranch dressing	fresh apple migas breakfast taco (2G) w/egg, veggies & cheese (M) <b>Lunch</b> breaded beef steak (1G) mashed potato (4V) green beans (3V) mandarin oranges (2F) brown gravy	pineapple chunks peach yogurt muffin (2G) ** <b>Lunch</b> bean & cheese burrito (2G) baked tater tots (4V) fresh celery sticks (3V) seasonal fresh fruit (2F) taco sauce, ketchup	applesauce warm waffle (1G)-syrup turkey sausage link (M) <b>Lunch</b> grilled chicken & veggie (2V) w/multi-grain spaghetti (1G) crinkle carrots (3V) orange wedges (2F) whole wheat roll (1-1/2G)	fresh banana whole grain cereal mix (2G) ** <b>Lunch</b> turkey corny dog (1G) bbq beans (3V) carrot/pineapple salad (3V) diced peaches (2F) ketchup, mustard	2 1/2 cups fruit+	2 1/2 cup juice	8 grains	<b>Lunch</b> Meat 10 oz Veggies 4 cups 8starch,5D,5O,6L Fruit 1 1/4 cups 9 1/2 grains	