

Saint Ann School October Lunch Menu

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What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate
Choice of Vegetable, Choice of Fruit*
Choice of Grain/Bread,
and Choice of Milk, Water, Iced Tea,
Lemonade, or Juice



Fresh Fruits and Vegetables Offered Daily

*Vegetables may include:
Broccoli Florets
Baby Carrots
Dark Leafy Greens
Legume Salads
Celery & Cucumber
*May choose two 1/2 cup servings

*Fruits may include:
Crisp Apple
Sliced Peaches
Mixed Fruit
Fresh Orange
Banana
Pineapple Tidbits
Diced Pears
Applesauce
*May choose one 1/2 cup serving

MENUS SUBJECT TO CHANGE



Milk Choices Offered Daily

Fat Free Chocolate and Low Fat White

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Choices
Fresh Produce from Local Farms based on crop availability Whole Grains Available Daily Take Nutrition Global Day	The School does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE		1 Nachos Grande Salsa Mexican Corn Peaches	2 Homemade Cheese Pizza Green Beans Pears	Week 1 Chef Salad with Roll Turkey and Cheese Sandwich
5 Cheese Quesadilla Steamed Corn Mandarin Oranges	6 General Tso Chicken over Rice Steamed Broccoli Pineapple Tidbits	7 Early Dismissal 12:15 No Lunch	8 Corn Dog Nuggets Baked French Fries Peaches	9 School Closed	Week 2 Grilled Chicken Salad with Roll Italian Wrap
12 School Closed Columbus Day	13 Popcorn Chicken Bowl (Popcorn Chicken, Mashed Potatoes, Corn and Gravy) Mixed Fruit Cocktail	14 PIZZA WEDNESDAY Homemade Cheese Pizza Mixed Bean Salad Applesauce	15 Meatball Hoagie Steak Fries Pears	16 Pierogie Lasagna Mixed Vegetables Peaches	Week 3 Turkey and Cheese Salad with Roll Ham and Cheese Sandwich
19 Italian Dunks With Marinara Sauce Broccoli Mixed Fruit Cocktail	20 Pulled Pork BBQ on a Bun Baked French Fries Peaches	21 PIZZA WEDNESDAY Homemade Cheese Pizza Mixed Vegetables Pears	22 Salisbury Steak w/ Gravy Mashed Potatoes Green Beans	23 Macaroni & Cheese With Sliced Bread Stewed Tomatoes Applesauce	Week 4 Chicken Popper Salad with Roll Turkey, Ham and Cheese Wrap
26 Grilled Cheese Sandwich Baked Potato Wedges Fresh Apple	27 Teriyaki Chicken with Vegetables and Rice Mandarin Oranges	28 PIZZA WEDNESDAY Homemade Cheese Pizza Green Beans Pears	29 Tacos with Toppings Mexican Rice Pineapple Tidbits	30 Early Dismissal No Lunch	Week 1 Chef Salad with Roll Turkey and Cheese Sandwich
Monday Alternate Chicken Nuggets with Bread	Tuesday Alternate Hamburger or Cheeseburger on a Bun	Wednesday Alternate Breaded Chicken Patty on a Bun	Thursday Alternate Hot Dog On a Bun	Friday Alternate Fish Sticks with Bread Slice	Lunch Price: \$3.75 10 Meals for \$37.50