

Saint Ann's School

October 2017 Lunch Menu

St. Ann's Food Services: Foodservice@st-ann-school.org
 Food Service Director: Ashley Belcher
 Abelcher@pennsburyisd.org



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, Fat Free White and Low Fat White

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Choices
2 Fluffy Pancakes with Sausage Patty Tater Tots Juicy Pears	3 Chicken and Cheese Quesadilla with Salsa Mixed Veggies Sweet Peaches	4 PIZZA WEDNESDAY Homemade Cheese or Pepperoni Pizza Steamed Broccoli Pineapple Tidbits	5 Meatball Parm Hoagie Seasoned Green Beans Mandarin Oranges	6 No School	Garden Salad with Cheese and Roll Italian Wrap Cheese Sandwich Bagel & Cheese Stick
9 No School	10 Baked Ziti with Garlic Bread Steamed Green Beans Apple Slices	11 PIZZA WEDNESDAY Homemade Cheese or Pepperoni Pizza Baked French Fries Sweet Peaches	12 French Toast Sticks with Sausage Patty Tater Tots Juicy Pears	13 Chicken Stir Fry over Rice Carrot Coins Pineapple Tidbits	Chef Salad with Roll Turkey & Cheese Sub Cheese Sandwich Bagel & Cheese Stick
16 Soft Beef Taco Sweet Corn Applesauce	17 Chicken Sticks Sweet Peas Mandarin Oranges	18 PIZZA WEDNESDAY Homemade Cheese or Pepperoni Pizza Mixed Veggies Mixed Fruit	19 Pork Roll and Cheese Sandwich Tater Tots Sweet Peaches	20 Breaded Chicken Parm Over Noodles Steamed Broccoli Apple Slices	Breaded Chicken Salad with Roll Ham & Cheese Wrap Cheese Sandwich Bagel & Cheese Stick
23 Pizza Sticks with Marinara Sauce Baked French Fries Pineapple Tidbits	24 Cheese Pierogies w/ a Dinner Roll Green Beans Juicy Pears	25 PIZZA WEDNESDAY Homemade Cheese or Pepperoni Pizza Carrot Coins Cinnamon Applesauce	26 Popcorn Chicken Bowl (Mashed Potatoes, Corn, Gravy) Sweet Corn Mandarin Oranges	27 Grilled Cheese with Tomato Soup Sweet Peas Mixed Fruit	Garden Salad with Cheese and Roll Italian Wrap Cheese Sandwich Bagel & Cheese Stick
30 Spooky Spaghetti and Meatballs Ghostly Garlic Bread Monster Mixed Veggies Sweet Peaches	31 12:15 Dismissal No Lunch 	<div style="border: 2px solid purple; border-radius: 15px; padding: 10px; background-color: #e6e6fa;"> Every student who buys a lunch on October 30th will receive a free "dirt" pudding treat. </div>			Chef Salad with Roll Turkey & Cheese Sub Cheese Sandwich Bagel & Cheese Stick
Monday Alternate Chicken Nuggets with Bread	Tuesday Alternate Hot Dog on a Bun	Wednesday Alternate Breaded Chicken Patty on Bun	Thursday Alternate Mini Corn Dog Nuggets	Friday Alternate Hamburger or Cheesburger on a Bun	Lunch Price: \$3.75