

# September 2017

## St. Patrick Catholic School

### LUNCH



**Hot Lunch Coordinator:**  
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**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



Fettuccini with meat sauce **1**  
Steamed broccoli  
Whole wheat roll  
Cantaloupe

No School **4**

Hard shell beef taco **5**  
Refried beans  
Cilantro rice  
Canned apricot halves

Lemon chicken **6**  
Garlic herb smashed potatoes  
Honey lemon carrots  
Grapes

Macaroni and cheese **7**  
Green beans  
Whole wheat roll  
Canned mandarin oranges

**Little Caesars Pizza** **8**  
3 slices of Pepperoni pizza  
2 Breadsticks  
Canned peaches

Fried chicken **11**  
Honey biscuit  
Yellow squash  
Canned pineapple

Hamburger **12**  
French fries  
Raw veggies and dip  
Apple

Cheese Quesadillas **13**  
Refried beans  
Roasted broccoli/cauliflower  
Fruit cocktail

Grilled chicken **14**  
Whole wheat tortilla wrap  
Tossed salad  
Canned pears

Chicken pot pie **15**  
Sicilian vegetables  
Canned tropical fruit  
Chocolate pudding

Chicken tenders **18**  
French fries  
Raw veggies and hummus  
Orange slices

Soft shell beef taco **19**  
Chips/salsa  
Spanish rice  
Canned pineapple

Turkey meatloaf **20**  
Mashed potatoes/gravy  
Green peas  
Canned peaches

Pork sandwich **21**  
Corn on the cob  
Whole green beans  
Canned pears

**Little Caesars Pizza** **22**  
3 slices Cheese Pizza  
2 Bread Sticks  
Applesauce

Sausage pizza **25**  
Tossed salad  
Canned tropical fruit

Chili **26**  
Crackers  
Raw Veggies and dip  
Applesauce

Bacon cheddar Quiche **27**  
Crispy Hash browns  
Banana

Hot dog **28**  
French fries  
Steamed carrots  
Honeydew melon

Honey glazed ham **29**  
Mashed sweet potato  
California blend vegetables  
Canned apricot halves