

# December 2018

## St. Patrick Catholic School

### LUNCH



**Hot Lunch Coordinator:**  
Lorie Bourne MS, RD, LD, CNSC  
loriebourne@yahoo.com

Meal price: \$3.00 Milk: \$0.15



**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

Southern pork chop **3**  
Mashed potatoes  
Cinnamon Glazed Carrots  
Canned apricots

### Tuesday

Beef soft shell tacos **4**  
Refried beans  
Chips and Salsa  
Canned pineapple

### Wednesday

Barbecued chicken **5**  
Roasted potatoes  
Roasted vegetables  
Orange slices

### Thursday

Hot dog **6**  
French Fries  
Raw veggies and dip  
Applesauce

### Friday

**Little Caesars Pizza** **7**  
3 slices of Pepperoni pizza  
2 Breadsticks  
Canned peaches

Chili **10**  
Crackers  
Tossed salad  
Fruit Cocktail

Pork tacos **11**  
Spanish rice  
Refried beans  
Canned tropical fruit

Macaroni and cheese **12**  
Peas and Carrots  
Whole wheat roll  
Canned mandarin oranges

Spaghetti with meatballs **13**  
and marinara  
Steamed broccoli  
Garlic bread  
Canned pears

Cheeseburger on wheat bur **14**  
French fries  
Raw veggies and dip  
Grapes

**17**  
Bring your own Cold Lunch

**18**  
Bring your own Cold Lunch

**19**  
**Little Caesars Pizza**  
3 slices Cheese Pizza  
2 Bread Sticks  
Applesauce

**20**  
Early Dismiss  
No Lunch

**21**  
No School

**24**  
No School

**25**  
No School

**26**  
No School

**27**  
No School

**28**  
No School

**31**  
No School

