

# January 2018

## St. Patrick Catholic School



**Hot Lunch Coordinator:**  
Lorie Bourne MS,RD,LD,CNSC

Meal: \$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

### Tuesday

### Wednesday

### Thursday

### Friday

NO SCHOOL 1

NO SCHOOL 2

**Little Caesars Pizza** 3  
3 slices of Pepperoni pizza  
2 Breadsticks  
Applesauce

Bring your own cold lunch 4

Bring your own cold lunch 5

Bring your own cold lunch 8

Bring your own cold lunch 9

Bring your own cold lunch 10

Bring your own cold lunch 11

**Little Caesars Pizza** 12  
3 slices of Cheese pizza  
2 Breadsticks  
Canned peaches

NO SCHOOL 15

Beef hard shell tacos 16  
Spanish Rice  
Refried beans  
Pear

Grilled chicken 17  
Cheese Ravioli with sauce  
Peas  
Canned apricot halves

Pork sandwich with BBQ sauce 18  
Baked beans  
Whole green beans  
Canned pineapple

Cheeseburger 19  
French Fries  
Raw veggies and dip  
Fruit cocktail

Sloppy Joe sandwich 22  
Tater tots  
Steamed carrots  
Orange slices

Chili 23  
Baked potato  
Broccoli  
Canned peaches

Corn dog 24  
Seasoned French fries  
Green beans  
Canned pears

Fried fish 25  
Corn bread  
Tossed salad  
Canned mandarin oranges

**Little Caesars Pizza** 26  
3 slices of Pepperoni pizza  
2 Breadsticks  
Applesauce

Macaroni and Cheese 29  
Corn fritters  
Vegetable medley  
Canned tropical fruit

Soft shell beef taco 30  
Cilantro Lime rice  
Refried beans  
Apple

Chicken 31  
Mashed potatoes  
Carrots  
Canned pineapple

