

# St. Matthew Parish School 2017 - 2018

Meals provided by Marquardt School District 15 Food & Nutrition Services

## Lunch Menu

### Entrée Descriptions

**Soft Shell Chicken Tacos** - Seasoned Chicken on whole grain tortillas, served with shredded lettuce and cheddar cheese.

### Seasonal Entrée Menu

Gourmet Pub Cheeseburger (**Aug- Nov**)

Mini Hot Dog served w/ Mac & Cheese (**Dec- Feb**)

Turkey Pepperoni & Cheese Calzone (**March- June**)

### COLD LUNCH OPTIONS Daily

- Turkey & Cheese Sub Sandwich (**Mon & Tues**)
- Pizza Lunch Kit 🍕 (**Mon & Tues**)
- Yogurt, String Cheese, & Oatmeal Bar 🍌 (**Wed, Thurs, Fri**)
- Chef Salad with Flatbread 🍌 (**Wed, Thurs, Fri**)

	Meatless Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week A</b>	<b>Personal Cheese Pizza</b> 🍕 Baby Carrots Steamed Vegetables Applesauce Cup Seasonal Fresh Fruit	<b>100% Beef Burger</b> Baked Sweet Potato Fries Spring Mix Salad Chilled Fruit Cup Seasonal Fresh Fruit	<b>Mini Maple Pancakes Chicken Sausage Links</b> 🥞 100% Fruit/Veg Juice Baby Carrots Craisins Seasonal Fresh Fruit	<b>Chicken Filet Sandwich</b> Baked Tater Triangles Fresh Vegetable Chilled Fruit Cup Seasonal Fresh Fruit	<b>Beef Taco Bowl &amp; Baked Tortilla Chips</b> Baby Carrots Black Bean Salad 100% Fruit Juice Seasonal Fresh Fruit

	Meatless Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week B</b>	<b>Bosco Cheese Breadsticks &amp; Marinara Sauce</b> 🍌 Baby Carrots Fresh Vegetables Applesauce Cup Seasonal Fresh Fruit	<b>All Natural Beef Hot Dog</b> Baked Beans Spring Mix Salad Chilled Fruit Cup Seasonal Fresh Fruit	<b>Mini Maple Waffles Chicken Sausage Links</b> 🥞 100% Fruit/Veg Juice Baby Carrots Raisel Golden Raisins Seasonal Fresh Fruit	<b>Boneless Chicken Bites &amp; Goldfish Crackers</b> Mashed Potatoes Fresh Vegetable Chilled Fruit Cup Seasonal Fresh Fruit	<b>Mandarin Chicken Cilantro Brown Rice</b> Spring Mix Salad Baby Carrots 100% Fruit Juice Seasonal Fresh Fruit

	Meatless Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week C</b>	<b>Cheese Pizza Slice</b> 🍕 Baby Carrots Fresh Vegetables Applesauce Cup Seasonal Fresh Fruit	<b>Popcorn Chicken Smackers Cocoa Cherry Bar</b> Roasted Chick Peas Spring Mix Salad Chilled Fruit Cup Seasonal Fresh Fruit	<b>Cinnamon Glazed French Toast</b> 🍌 Breakfast Potatoes 100% Fruit/Veg Juice Craisins Seasonal Fresh Fruit	<b>Soft Shell Chicken Tacos</b> Baby Carrots Fresh Vegetable Chilled Fruit Cup Seasonal Fresh Fruit	<b>Seasonal Entrée</b> Frozen Fruit Sidekick Spring Mix Salad 100% Fruit Juice Seasonal Fresh Fruit

August	September	October	November	December	January	February	March	April	May
M T W T F	M T W T F	M T W T F	M T W T F	M T W T F	M T W T F	M T W T F	M T W T F	M T W T F	M T W T F
1 2 3 4	1	2 3 4 X X	1 2 3	1	X X X X X	1 2	1 X	X 3 4 5 6	1 2 3 4
7 8 9 10 11	X X 6 7 8	X 10 11 12 13	6 7 8 9 10	4 5 6 7 8	8 9 10 11 12	5 6 7 8 9	X 6 7 8 9	9 10 11 12 13	7 8 9 10 11
14 15 16 17 18	11 12 13 14 15	16 17 18 19 20	13 14 15 16 17	11 12 13 14 15	X X 17 18 19	12 13 14 15 16	12 13 14 15 16	16 17 18 19 20	14 15 16 17 18
21 22 23 24 25	18 19 20 21 22	23 24 25 26 27	X X X X X	18 19 20 21 X	22 23 24 25 26	X 20 21 22 23	X 20 21 22 X	23 24 25 26 27	21 22 23 24 25
28 29 30 31	25 26 27 28 29	30 31	27 28 29 30	X X X X X	29 30 31	26 27 28	X X X X X	30	X 29 30 31

**Local Produce**  
Featuring local produce weekly on our menu!

**Menu Key**  
🍌 = Vegetarian Item

**Pay for School Meals**  
Payments can be made by cash or check to the school office

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For more information about lunch please contact  
Domenica Gendusa at  
hotlunch@stmathewsschool.com

- Daily Menu Features**  
Healthy Foods and Good Nutrition  
*are always on our menu!*
- Choice of cold, refreshing, skim milk daily. White, chocolate, and strawberry available (rBST free).
  - Students may choose up to 3 fruits and/or vegetables with lunch.
  - Assorted varieties of fresh, frozen, canned (in fruit juice) or dried produce.
  - ALL grain products are whole grain.

X = No Lunch Served, Aug 23 First day of Lunch K-8  
Aug 28 First Day of Lunch PK  
Menu Subject to Change

**Lunch Prices:**  
K - 8: \$3.00  
PK: \$2.75  
Lunch price does not include milk