



2017-2018

# CAFÉ LUNCH MENU

St. Albert Nutrition Services

## WEEK ONE

Aug 14th -18th  
Sept. 18th-22nd  
Oct. 23rd-27th  
Nov. 27th-Dec 1st  
Jan. 1st-5th  
Feb. 5th-9th  
Mar. 12th- 16th  
Apr. 16th-20th  
May 21st -25th

### MONDAY

#### Pick 1 Entrée

Chicken Nuggets  
Turkey/Cheese Wrap  
Peanut Butter & Jelly  
Boxed Salad

#### Pick 2 or 3

Sweet Potato Puffs  
Fresh Veggies  
Fruit

### TUESDAY

#### Pick 1 Entrée

Glazed French Toast w/  
Sausage Link  
Turkey/ Cheese Wrap  
Peanut Butter & Jelly  
Boxed Salad

#### Pick 2 or 3

Hash brown Starz  
Fresh Veggies  
Fruit

### WEDNESDAY

#### Pick 1 Entrée

Mac & Cheese  
Soft Pretzel  
Turkey/Cheese Wrap  
Peanut Butter & Jelly  
Boxed Salad

#### Pick 2 or 3

Mixed Veggies  
Fresh Veggies  
Fruit

### THURSDAY

#### Pick 1 Entrée

Taco w/ Chips & Rice  
Turkey/ Cheese Wrap  
Peanut Butter & Jelly  
Boxed Salad

#### Pick 2 or 3

Refried Beans  
Fresh Veggies  
Fruit

### FRIDAY

#### Pick 1 Entrée

Stuffed Crust Pizza  
Turkey/ Cheese Wrap  
Peanut Butter & Jelly  
Boxed Salad

#### Pick 2 or 3

Dark Green Salad  
Fresh Veggies  
Fruit

## WEEK TWO

Aug 21st -25th  
Sept. 25th-29th  
Oct. 30th-Nov 3rd  
Dec. 4th-8th  
Jan. 8th- 12th  
Feb. 12th-16th  
Mar. 19th-23rd  
Apr. 23rd-27th  
May 28th - June 1st

### MONDAY

#### Pick 1 Entrée

Mashed Potato Bowl  
Turkey/ Cheese Wrap  
Peanut Butter & Jelly  
Boxed Salad

#### Pick 2 or 3

Mashed Potatoes w/ Gravy  
Corn  
Fruit

### TUESDAY

#### Pick 1 Entrée

Cheeseburger  
Turkey/Cheese Wrap  
Peanut Butter & Jelly  
Boxed Salad

#### Pick 2 or 3

Sweet Potato Fries  
Fresh Veggies  
Fruit

### WEDNESDAY

#### Pick 1 Entrée

Hot Dog  
Turkey/ Cheese Wrap  
Peanut Butter & Jelly  
Boxed Salad

#### Pick 2 or 3

Baked Beans  
Fresh Veggies  
Fruit

### THURSDAY

#### Pick 1 Entrée

Apple/Cinn Toast/Egg  
Turkey/Cheese Wrap  
Peanut Butter & Jelly  
Boxed Salad

#### Pick 2 or 3

Hash Brown  
Fresh Veggies  
Fruit

### FRIDAY

#### Pick 1 Entrée

Pepperoni Pizza  
Turkey/Cheese Wrap  
Peanut Butter & Jelly  
Boxed Salad

#### Pick 2 or 3

Dark Green Salad  
Fresh Veggies  
Fruit

## WEEK THREE

Aug 28th - Sept. 1st  
Oct. 2nd-6th  
Nov. 6th -10th  
Dec. 11th-15th  
Jan 15th -19th  
Feb. 19th-23rd  
March 26th-30th  
Apr. 30th-May 4th  
June 4th -8th

### MONDAY

#### Pick 1 Entrée

Chicken Nuggets  
Turkey/ Cheese Wrap  
Peanut Butter & Jelly  
Boxed Salad

#### Pick 2 or 3

Parisian Carrots  
Fresh Veggies  
Fruit

### TUESDAY

#### Pick 1 Entrée

Sausage & Cheese Biscuit  
Turkey/ Cheese Wrap  
Peanut Butter & Jelly  
Boxed Salad

#### Pick 2 or 3

Tator Tots  
Fresh Veggies  
Fruit

### WEDNESDAY

#### Pick 1 Entrée

Corn Dog  
Turkey/Cheese Wrap  
Peanut Butter & Jelly  
Boxed Salad

#### Pick 2 or 3

Edamame  
Fresh Veggies  
Fruit

### THURSDAY

#### Pick 1 Entrée

Soft Taco w/ Pretzel  
Turkey/Cheese Wrap  
Peanut Butter & Jelly  
Boxed Salad

#### Pick 2 or 3

Black Beans  
Fresh Veggies  
Fruit

### FRIDAY

#### Pick 1 Entrée

Pepperoni Calzone  
Turkey/ Cheese Wrap  
Peanut Butter & Jelly  
Boxed Salad

#### Pick 2 or 3

Cauliflower  
Fresh Veggies  
Fruit

## WEEK FOUR

Sept. 4th-8th  
Oct. 9th-13th  
Nov. 13th-17th  
Dec 18th-22nd  
Jan. 22nd-26th  
Feb. 26th-March 2nd  
Apr. 2nd-6th  
May 7th-11th

### MONDAY

#### Pick 1 Entrée

Chicken Chunks  
Soft Pretzel  
Turkey/Cheese Wrap  
Peanut Butter & Jelly  
Boxed Salad

#### Pick 2 or 3

Green Beans  
Fresh Veggies  
Fruit

### TUESDAY

#### Pick 1 Entrée

Pizza Burger  
Turkey/Cheese Wrap  
Peanut Butter & Jelly  
Boxed Salad

#### Pick 2 or 3

Ranch Garbanzo Beans  
Fresh Veggies  
Fruit

### WEDNESDAY

#### Pick 1 Entrée

Bosco Sticks w/ Sauce  
Turkey/Cheese Wrap  
Peanut Butter & Jelly  
Boxed Salad

#### Pick 2 or 3

Carrots  
Fresh Veggies  
Fruit

### THURSDAY

#### Pick 1 Entrée

Lasagna Roll Up  
Turkey/Cheese Wrap  
Peanut Butter & Jelly  
Boxed Salad

#### Pick 2 or 3

Peas  
Fresh Veggies  
Fruit

### FRIDAY

#### Pick 1 Entrée

Big Daddy Pizza  
Turkey/Cheese Wrap  
Peanut Butter & Jelly  
Boxed Salad

#### Pick 2 or 3

Dark Green Salad  
Fresh Veggies  
Fruit

## WEEK FIVE

Sept. 11th-15th  
Oct. 16th-20th  
Nov. 20th-24th  
Dec. 25th-29th  
Jan. 29th- Feb. 2nd  
Mar. 5th-9th  
Apr. 9th-13th  
May 14th- 18th

### MONDAY

#### Pick 1 Entrée

Chicken Nuggets  
Turkey/ Cheese Wrap  
Peanut Butter & Jelly  
Boxed Salad

#### Pick 2 or 3

Fries  
Fresh Veggies  
Fruit

### TUESDAY

#### Pick 1 Entrée

Orange Chicken  
Turkey/ Cheese Wrap  
Peanut Butter & Jelly  
Boxed Salad

#### Pick 2 or 3

Broccoli  
Fresh Veggies  
Fruit

### WEDNESDAY

#### Pick 1 Entrée

Breaded Chicken/ Bun  
Turkey/ Cheese Wrap  
Peanut Butter & Jelly  
Boxed Salad

#### Pick 2 or 3

Carrots  
Fresh Veggies  
Fruit

### THURSDAY

#### Pick 1 Entrée

Turkey Sub Bar  
Turkey/ Cheese Wrap  
Peanut Butter & Jelly  
Boxed Salad

#### Pick 2 or 3

Baked Beans  
Fresh Veggies  
Fruit

### FRIDAY

#### Pick 1 Entrée

Mexican Pizza  
Turkey/ Cheese Wrap  
Peanut Butter & Jelly  
Boxed Salad

#### Pick 2 or 3

Corn  
Fresh Veggies  
Fruit

Milk (Fat Free Flavored and Unflavored and 1% Unflavored)

A variety of condiments will be served daily.

**WE CAN NOT GUARANTEE OUR FOOD DOES NOT CONTAIN POTENTIAL ALLERGIES NOT LISTED ON THE FOOD LABELS, OR MADE IN A NUT FACILITY**

#### Assorted Fruit Options

Diced Pineapple, Diced Peaches, Diced Pears, Mixed Fruit, Mandarin Oranges, Applesauce, Orange Slices, Banana, Apple, Pear, Grapes, Strawberries, Fruit cups and Orange Juice (once a week)

## USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

#### Daily Breakfast Options

Choice 1 – Powdered Star, Super Donut, Waffle, Muffins, Bagel and Cream Cheese, Cereal Bar, Granola Bar or Cereal

Choice 2 – Yogurt, Cheese Stick, Scooby Snacks, Bug Bites, Peanut Butter Cups or Animal Crackers

Choice 3 – Assorted Fruit

Choice 4 – 1% White Milk, Fat Free White Milk,