

| <b>MONDAY</b>  | <b>TUESDAY</b>  | <b>WEDNESDAY</b>  | <b>THURSDAY</b>   | <b>FRIDAY</b>  |
|--|---|---|---|--|
| <b>*SUBSTITUTES:</b><br>Everyday:<br>Grilled Cheese 8g<br>Salad 4g<br>Peanut Butter Sandwich 34g   | <b>Lunch Pricing:</b><br>\$2.75 (includes a milk)<br><b>Milk Price</b> (for packers): \$.50   | <b>Carbohydrates in Grams:</b><br>White Milk 1% 13g<br>Chocolate Milk Fat Free 20g<br>½ Banana 14g<br>Apple 22g<br>Orange 11g<br>Carrots 0g | Applesauce 20g<br>Pears 16 g<br>Peaches 14 g<br>Romaine lettuce salad 0g<br>Pineapple 20g<br>Green beans 5g | <b>1</b><br><b>*SALISBURY STEAK</b> 9 g<br>Mashed potatoes 13g<br>Dinner roll 21g<br>Fruit<br>Milk |
| <b>4</b><br><b>*CORN DOG</b> 30g<br>Tater tots 20g<br>Applesauce 20g<br>Milk   | <b>5</b><br><b>*TACO MEAT, CHEESE &amp; TORTILLA CHIPS</b> 24g<br>Romaine lettuce salad<br>Pears<br>Milk                              | <b>6</b><br><b>*SALISBURY STEAK</b> 9 g<br>Mashed potatoes 13g<br>Dinner roll 21g<br>Peaches<br>Milk  | <b>7</b><br><b>*GRILLED CHEESE SANDWICH</b> 8g<br>Tomato soup 16g<br>Crackers 4g<br>Fruit<br>Milk           | <b>8</b><br><b>*CHEESEBURGER ON A BUN</b> 40g<br>Tater tots<br>Fresh fruit<br>Milk                 |
| <b>11</b><br><b>*CHICKEN &amp; NOODLES</b> 32g<br>Mashed potatoes 13g<br>Dinner roll 21g<br>Pineapple<br>Milk                                | <b>12</b><br><b>*PEPPERONI PIZZA</b> 34g<br>Green beans<br>Applesauce<br>Milk   | <b>13</b><br><b>*GRILLED CHEESE SANDWICH</b> 8g<br>Tomato soup 16g<br>Crackers 4g<br>Fruit<br>Milk  | <b>14</b><br><b>*TACO MEAT CHEESE &amp; TORTILLA CHIPS</b> 24g<br>Romaine salad<br>Pear<br>Milk             | <b>15</b><br><b>*MACARONI &amp; CHEESE</b> 40g<br>Green beans<br>Muffin 30g<br>Fruit<br>Milk       |
| <b>18</b><br><br><b>NO SCHOOL</b><br>Presidents' Day   | <b>19</b><br><b>*SAUSAGE PATTY</b> 2g<br>Hash brown 15g<br>French toast sticks 29g<br>Orange juice 30g<br>Milk                        | <b>20</b><br><b>*CHICKEN NUGGETS</b> 8g<br>Tater tots 20g<br>Applesauce<br>Milk   | <b>21</b><br><b>*SOFT TACO</b> 20g<br>Romaine lettuce salad<br>Fruit<br>Milk                                | <b>22</b><br><b>*FISH STICKS</b><br>Tater tots 20g<br>Peaches<br>Milk                              |
| <b>25</b><br><b>*CHEESEBURGER ON A BUN</b> 40g<br>Carrots<br>Peaches<br>Milk   | <b>26</b><br><b>*CORN DOG</b> 30g<br>Tater tots 20g<br>Applesauce<br>Milk<br><br><b>7:30am</b> Pancake Breakfast & Book Fair Shopping | <b>27</b><br><b>*PEPPERONI PIZZA</b> 34g<br>Green beans<br>Fruit<br>Milk  | <b>28</b>   |  |
| Website: stmarysvanwert.com • Phone: 419-238-5186 • Menu subject to unexpected changes<br>USDA is an equal opportunity provider and employer |   |   |   |  |

## St. Mary's School February 2019 Lunch Menu