



2016-2017

CAFÉ LUNCH MENU

St. Albert Nutrition Services



WEEK ONE

Aug. 8th-12th
Sept. 12th-16th
Oct. 17th-21st
Nov. 21st-25th
Dec. 26th-30th
Jan. 30th-Feb. 3rd
Mar. 6th-10th
Apr. 10th-14th
May 15th-19th

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

Hashbrown Starz
Fresh Veggies
Fruit

WEDNESDAY

Pick 1 Entrée

Mac & Cheese w/ Roll
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 Veggie
Fruit

FRIDAY

Pick 1 Entrée

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

Pick 2 or 3

Dark Green Salad
Fresh Veggie
Fruit

WEEK TWO

Aug. 15th-19th
Sept. 19th-23th
Oct. 24th-28th
Nov. 28th-Dec. 2nd
Jan. 2nd-6th
Feb. 6th-10th
Mar. 13th-17th
Apr. 17th-21st
May 22nd-26th

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

Beef Pasta
Turkey/Cheese Wrap
Peanut Butter & Jelly
Boxed Salad

Pick 2 or 3

Peas
Fresh Veggie
Fruit

FRIDAY

Pick 1 Entrée

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

Pick 2 or 3

Dark Green Salad
Fresh Veggie
Fruit

WEEK THREE

Aug. 22nd-26th
Sept. 26th-30th
Oct. 31st-Nov. 4th
Dec. 5th- 9th
Jan. 9th-13th
Feb. 13th-17th
Mar. 20th-24th
Apr. 24th-28th
May 29th- June 2nd

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

Wacky Waffle w/ Eggs
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

Pizza Bosco Stick
Turkey/ Cheese Wrap
Peanut Butter & Jelly
Boxed Salad

Pick 2 or 3

Cauliflower
Fresh Veggies
Fruit

WEEK FOUR

Aug. 29th- Sept. 2nd
Oct. 3rd-7th
Nov. 7th-11th
Dec. 12th-16th
Jan. 16th-20th
Feb. 20th-24th
Mar. 27th-31st
May 1st-5th

MONDAY

Pick 1 Entrée

Grilled Nuggets
Rice Pilaf
Turkey/Cheese Wrap
Peanut Butter & Jelly
Boxed Salad

Pick 2 or 3

Green Beans
Fresh Veggies
Fruit

TUESDAY

Pick 1 Entrée

Chicken Quesadilla
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. 5th-9th
Oct. 10th-14th
Nov. 14th-18th
Dec. 19th-23rd
Jan. 23th-27th
Feb. 27th-Mar. 3rd
Apr. 3th-7th
May 8th-12th

MONDAY

Pick 1 Entrée

Crispy Chicken/ Bun
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

Toasted Cheese
Turkey/ Cheese Wrap
Peanut Butter & Jelly
Boxed Salad

Pick 2 or 3

Carrots
Fresh Veggies
Fruit

THURSDAY

Pick 1 Entrée

Turkey/Bacon/Cheese
Sandwich
Peanut Butter & Jelly
Boxed Salad

Pick 2 or 3

Baked Beans
Fresh Veggies
Fruit

FRIDAY

Pick 1 Entrée

Personal Pan 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,