

FEBRUARY 2019

Mater Dei School Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Don't ditch the dairy! Calcium helps growing bones, become stronger and develop properly. There are lots of yummy snacks that have calcium; cheese, yogurt, cream cheese and cottage cheese. Add some low-fat dairy to your meals like fruit smoothies, cheese sandwiches, cereals with milk and a glass of milk before bed!

4

Bosco Sticks
with Marinara Sauce
and
Side of Pasta
100% Apple Juice
Variety of Milk

5

Popcorn Chicken with
WG Dinner Roll
Mashed Potatoes
Seasoned Corn
Chilled Pears
Variety of Milk

6

WG French Toast Sticks
with Pancake Syrup and
Sausage Patty
Warm Cinnamon
Apple Slices
Variety of Milk

7

Soft Shell Tacos
Jumpin Spanish Beans
Mixed Fruit Cup
Variety of Milk

8

Papa Johns Pizza
Steamed Carrots
100% Grape Juice
Variety of Milk

11

Tangerine Chicken
Long Grain Rice
Steamed Broccoli
100% Apple Juice
Variety of Milk

12

Chicken Tempura
Nuggets with
w/ Macaroni & Cheese
and WG Dinner Roll
Chilled Cinnamon
Applesauce
Variety of Milk

13

Bacon Cheese Burger
Emoji Potatoes
100% Fruit Punch
Variety of Milk

14

Chicken or Cheese
Quesadilla
Seasoned Corn
Chilled Peaches
Variety of Milk

15

Papa Johns Pizza
Steamed Green Beans
100% Grape Juice
Variety of Milk

18

No School

19

Popcorn Chicken with
WG Dinner Roll
Mashed Potatoes
Seasoned Peas
Chilled Pears
Variety of Milk

20

Philly Steak Sandwich
with Toppings
Baked French Fries
100% Fruit Punch
Variety of Milk

21

Nacho Salad Supreme
Seasoned Corn
Mandarin Orange Slices
Variety of Milk

22

No Lunch

25

Toasted Mini Ravioli
Marinara Sauce
Steamed Broccoli
Variety of Milk
100% Apple Juice
Variety of Milk

26

Crispy Chicken Patty on
WG Bun
Baked Beans
Chilled Peaches
Variety of Milk

27

Burger Bar
Baked French Fries
100% Fruit Punch
Variety of Milk

28

Chicken Tempura
Nuggets with
WG Dinner Roll
Tater Tots
Chilled Cinnamon
Applesauce
Variety of Milk

Alternate Lunch Choices:

Monday

WG Deep Dish Pizza
"Go-Yo" Grab and Go Yogurt Meal
Cheesy Nemo Cheese Sandwich
Wow Butter & Jelly WG Sandwich

Tuesday

WG Deep Dish Pizza
"Go-Yo" Grab and Go Yogurt Meal
Ham & Cheese Sammy
Wow Butter & Jelly WG Sandwich
Hot Dog on WG Bun

Wednesday

WG Deep Dish Pizza
"Go-Yo" Grab and Go Yogurt Meal
Turkey Sandwich on Ww Bread
Wow Butter & Jelly WG Sandwich

Thursday

WG Deep Dish Pizza
"Go-Yo" Grab and Go Yogurt Meal
Wow Butter & Jelly WG Sandwich
Hot Dog on WG Bun

Friday

"Go-Yo" Grab and Go Yogurt Meal
Cheesy Nemo Cheese Sandwich
Wow Butter & Jelly WG Sandwich

Available Daily at Lunch:

Side Dishes

Baby Carrots
Cucumber Slices
Tossed Romaine Salad

Assorted Fresh Fruit

Sliced Fresh Red Apples
Orange Smiles
Fresh Banana

Variety of Milk

1% White Milk
Skim Milk
Chocolate Milk
Strawberry Milk
Lactaid Milk