




# St. Francis of Assisi School Lunch menu

# January 2008

Mon	Tue	Wed	Thu	Fri
<b>NO SCHOOL</b> Price of lunch: \$2.50 <b>January is National Stay Healthy Month!</b> <b>Get 30 minutes of aerobic activity by playing in the snow!</b>	<b>NO SCHOOL</b> 	Choice of Hamburger or Cheeseburger Mixed Pickles Condiments Peaches Choice of Milk	Chili Snowman Pretzel Corn Bread Fresh Apple Carrot Coins Choice of Milk	Pizza Carrot and Celery Sticks Light Ranch Dip Choice of Ginger Bread Cookie or Winter wreath Cookie Choice of Milk
Pizza Dippers Pizza Sauce for dipping Applesauce Baby Carrots Light Ranch Dip Teddy Grahams Choice of Milk	Jan 9 is National Apricot Day! <b>BREAKFAST FOR LUNCH!</b> Hot Ham and Cheese on a Bagel Apricots Corn Choice of milk or <b>VANILLA SNOWFLAKE SHAKE!</b> 	Faculty Meeting <b>NOON DISMISSAL</b> No Lunch Served	Roast Turkey Dinner: Sliced Roast Turkey Mashed Potatoes Gravy Green Beans Cranberry Sauce Whole Wheat Dinner Rolls Choice of Milk	Pizza Carrot and Celery Sticks Light Ranch Dip Cookie Choice of Milk
Chicken Nuggets Dipping Sauces Rotini Pasta Peaches Corn Choice of Milk	Macaroni and Cheese Mixed Veggies Pears Whole Wheat Dinner Roll Apple Crisp Choice of Milk	Sloppy Joe on bun Banana Ketchup Pickles Raisins Choice of Milk	Spaghetti with Meatsauce Tossed Salad Dressing on Side Whole Wheat Breadstick Applesauce Choice of Milk	Pizza Baby Carrots Cucumber circles Light Ranch Dip Cookie Choice of Milk
<b>NO SCHOOL</b> 	Chicken Parmesan Pasta with Red Sauce Tossed Salad Dressing on the side Pears Choice of Milk	French Toast Sticks Syrup Sausage <b>Cherry Apple Juice NEW!!</b> Applesauce Animal Crackers Choice of Milk	Grilled Cheese Mixed Fruit Green Beans Pudding with topping Choice of Milk	Pizza Fresh Grapes Baby Carrots Light Ranch Dip Cookie Choice of Milk
RiBBQ on Hamburger Roll Pickles Carrot Coins Apple slices with Cinnamon Choice of Milk	<b>Bring a Special person to lunch!</b> Choice of Sandwiches or Salads: Please see order form which will be sent home. Baked Doritos Pears Choice of Milk	<b>Student Appreciation Day! 30</b> Pizza Baby Carrots Celery Sticks Light Ranch Dip Cookie Choice of Milk	Hard Shell Tacos Lettuce and Tomato Salsa Corn Rice Choice of Milk	January 28-Feb. 1 is Catholic Schools Week. <b>Available every day:</b> <b>Grilled Cheese, Tuna Salad, Ham and Cheese</b>

Did you know... zinc is an important mineral to keeping your immune system healthy, and helping to prevent colds? Zinc can be found in meats, seafood, milk and eggs. It can also be found in smaller amounts in whole grains. School lunch supplies zinc, in addition to many other nutrients needed to keep your body healthy. MENU SUBJECT TO CHANGE WITHOUT NOTICE