

St Thomas the Apostle School

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MEAL PRICING:

Meal Deal Price	\$4.50
Lunch Price	\$3.50
Milk Only	\$0.75

LUNCH Menu

OCTOBER 2017

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	HOT DOG BAKED BEANS	CHICKEN TENDERS SERVED WITH FRIES	PIZZA BITES WITH A DIPPING SAUCE CHERRY TOMATOES	NACHO'S TOPPED WITH BEEF & ALL THE FIXIN'S	MAC & CHEESE SERVED WITH BABY CARROTS & DIPPING SAUCE
2	HAMBURGER SERVED WITH SMILEY FRIES	HUMMUS & VEGGIES SERVED WITH PITA CHIPS	PIZZA WITH TOPPING'S CUCUMBER SLICES WITH DIPPING SAUCE	CHICKEN QUESADILLA SERVED WITH RICE	BREAKFAST FOR LUNCH FRENCH TOAST STIXIS SERVED WITH A FRUIT WEDGE
3	MEAT RAVIOLI SERVED WITH GARLIC BREAD	CHICKEN TENDERS SERVED WITH FRIES	PIZZA BITES WITH A DIPPING SAUCE CHERRY TOMATOES	CHEESE- BURGER HOMEMADE CHIPS	FISH STICK'S WITH SMILEY FRIES
4	SOFT TACO'S SPANISH RICE	YOGURT WITH GRANOLA AND FRESH FRUIT	PIZZA WITH TOPPINGS TOSSED SALAD	PAST WITH MEATBALLS GREEN BEAN SALAD	GRILLED CHEESE TOMATO SOUP

OTHER DAILY SELECTIONS:

MEAL DEALS

COME WITH
WATER, JUICE OR
MILK AND
DESSERT

DRINKS

4oz Juice \$0.75
Water \$0.75
Milk \$0.75

PEANUT
BUTTER &
JELLY
SANDWICH
AVAILABLE
DAILY
\$2.00

NUTRITION BITES:

- Lunch is an important source of key food groups and nutrients including vegetables and protein with a quarter of daily energy coming from lunch¹.
- The intake of dairy products is especially important to bone health during childhood and adolescence, when bone mass is being built.²