

# St Thomas the Apostle School

**St Thomas the Apostle School**

## MEAL PRICING:

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

## LUNCH Menu

September 2017

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	LABOR DAY	CHICKEN TENDERS SERVED WITH TATER TOTS	HAM & CHEESE ON WHOLE WHEAT WITH BAKED CHIPS	NACHO'S TOPPED WITH BEEF & ALL THE FIXIN'S	MAC & CHEESE SERVED WITH BABY CARROTS & DIPPING SAUCE
<b>2</b>	HAMBURGER SERVED WITH SMILEY FRIES	TURKEY, STUFFING AND CRANBERRY WRAP-CELERY STIX'S DIPPING SAUCE	PIZZA WITH TOPPING'S CUCUMBER SLICES WITH DIPPING SAUCE	CHICKEN QUESADILLA SERVED WITH RICE	BREAKFAST FOR LUNCH FRENCH TOAST STIX'S SERVED WITH A FRUIT WEDGE
<b>3</b>	MEAT RAVIOLI SERVED WITH GARLIC BREAD	YOGURT WITH GRANOLA AND FRESH FRUIT	PIZZA BITES WITH A DIPPING SAUCE CHERRY TOMATOES	MEATLOAF , MASHED POTATOES & VEGETABLE	HUMMUS & VEGGIES SERVED WITH PITA CHIPS
<b>4</b>	HOT DOG BAKED BEANS	TURKEY & CHEESE PINWHEELS PASTA SALAD	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 lunch<sup>1</sup>.
- The intake of dairy products is especially important to bone health during childhood and adolescence, when bone mass is being built.<sup>2</sup>

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■ Week 1 Meal Plan  
 ■ Week 2 Meal Plan  
 ■ Week 3 Meal Plan  
 ■ Week 4 Meal Plan