

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

January 2018

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	HAPPY NEW YEAR!!	HAM AND CHEESE SANDWICH W/ CHIPS	BREADTANG LE OF PIZZA W/ CARROTS	CHEESE BURGER AND TOTS	BFL: FRENCH TOAST STICKS AND EGGS W/ FRUIT
2	TURKEY AND CHEESE ROLL UPS SNACK PACK	RAVIOLI'S W/ SIDE SALAD	PIZZA BITES CUCUMBER SLICES WITH DIPPING SAUCE	HOT DOG W/ FRIES	BFL: GO GURT AND GRANOLA SNACK PACKS
3	NO SCHOOL	MEATLOAF DINNER	PIZZA QUESADILLA W/ SIDE	GRILLED CHEESE W/ SOUP	BFL: PANCAKES EGGS FRUIT
4	SNACK PACK SURPRISE	BEEF TACOS W/ RICE	PIZZA BAGEL BITES	CHICKEN NUGGETS SMILEY FRIES	BFL: WAFFLES W/ BERRIES AND CREAM

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

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