

# September 2017

## Basilica School of Saint Paul

### LUNCH



If your child has any food allergies or intolerances please contact Ms. Precious in Panther Café @ (386) 252-7915 ext. 331



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

All Meals Are Served With 1% White or FF Chocolate Milk



### Monday



### Tuesday

### Wednesday



### Thursday

### Friday

Happy Labor Day  
No School

4

Turkey and Cheese  
Salad

5

Famous Fish Sticks  
w./ Tartar Sauce

6

Cheesy Bread Sticks w/ Me  
Tossed Salad w/ Ranch

7

Cheese Pizza

8

Fresh Carrots

Mixed Fruit

Green Beans

Fruit Juice

Whole Fruit

Whole Fruit

Celery Sticks w/ Ranch

Fruit Juice

Corn Dog

11

Salad

Whole Fruit

Loaded Nachos w/ All the Fixings

12

Panthers  
Fruit and Veggie Day

13

Chicken Nuggets

14

Cheese Pizza

15

Lg. Homemade  
Mac and Cheese

18

Corn on the Cob

Fruit Juice

Popcorn Chicken

19

Baked Beans

Fruit Juice

Wacky Wednesday

20

Students May Choose Breakfast  
Items for Lunch

Beef A Roni

21

Green Beans

Fresh Fruit

Cheese Pizza

22

Chicken and Waffles

25

Northern Beans

Fruit Juice

Nacho Tuesday

26

Loaded Nachos w/ All the Fixings

Green Beans

Hot Dog w/ Bun

27

Baked Beans

Orange Slices

Chicken Alfredo

28

Corn

Fruit Juice

Cheese Pizza

29

Celery Sticks w/ Ranch

Fruit Juice

Bonus: Vanilla Ice Crème

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**BREAKFAST**



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*All meals are served with 1% White or FF Chocolate Milk*



**Monday**



**Tuesday**



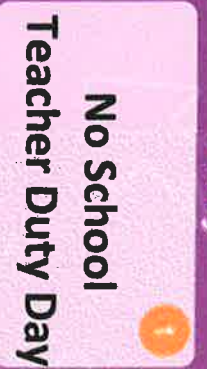
**Wednesday**



**Thursday**



**Friday**



No School  
Labor Day



**No School  
Teacher Duty Day**

4

5

6

7

8

Lucky Charms

11

Chicken Biscuit

12

Pancake on a Stick

13

Breakfast Pizza

14

Cheese Toast

15

Yogurt

Fruit Cup

Fresh Fruit

Fruit Juice

Whole Fresh Fruit

Fruit Juice

Cinnamon Toast

18

Cheesy Grits

19

French Toast Sticks

20

Apple Rings (Cereal)

21

Breakfast Pizza

22

Bolled Eggs

Turkey Sausage

Apple Slices

String Cheese

Fruit Juice

Fruit Juice

String Cheese

String Cheese

String Cheese

Fruit Juice

Biscuit

25

Pancakes

Pancake on a Stick

27

Breakfast Pizza

28

Open Breakfast Bar

29

Turkey Sausage

String Cheese

Fruit Juice

Fruit Juice

Open Breakfast Bar

Fruit

Whole Fruit

Fruit Juice

Fruit Juice