

# January 2018

## St. Joseph Catholic School

### LUNCH



#### School Information:

Choice of milk daily  
This institution is an equal opportunity provider



**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.



#### Monday

1

NO SCHOOL

#### Tuesday

2

NO SCHOOL

#### Wednesday

3

Corn Dog  
Tater Tots  
Applesauce  
Chocolate Chip Cookie

#### Thursday

4

Weiner Wrap  
Tri-Tater  
Pickle Spear  
Carrots  
Oranges

#### Friday

5

Bread Sticks  
Cheese & Marinara Sauce  
Green Beans  
Peaches

Hot Ham & Cheese  
Tri-tater  
Tossed Romaine Salad  
Apple Slices

8

Chicken Nuggets  
Mashed Potatoes  
Green Beans  
Pineapple  
Roll

9

Soft Taco  
Garden Peas  
Peaches

10

Chili Pie  
Carrot Sticks  
Oranges  
Cinnamon Roll

11

Nachos & Cheese  
Green Beans  
Tomatoes  
Banana  
Brownie

12

MARTIN LUTHER KING DAY

15

Pizza  
Tossed Salad  
Mixed Fruit

16

Chicken Wrap  
Tri-Tater  
Fresh Vegetables  
Applesauce

17

Hamburger & Bun  
French Fries  
Baked Beans  
Oranges

18

Grilled Cheese  
Seasoned Potatoes  
Mixed Vegetables  
Banana

19

Hot Dog & Bun  
Tater Tots  
Baked Beans  
Oranges

22

Spaghetti  
Tossed Salad  
Mixed Fruit

23

Hamburger Gravy  
Mashed Potatoes  
Corn  
Pineapple  
Roll

24

BBQ Meatballs  
Seasoned Rice  
Green Beans  
Carrot Sticks  
Applesauce

25

Pizza  
Tossed Romaine Salad  
Peaches  
Rice Krispie Treat

26

Turkey Pot Pie  
Tossed Salad  
Peaches

29

Chicken Nuggets  
Seasoned Wedges  
Green Beans  
Applesauce

30

Soft Taco  
Mixed Vegetables  
Apple Slices

31

