



School Information: St. Rose of Lima School

Milk is served every day
Menu subject to change



Nutrition Tip: With September being Whole Grains month try increasing your whole grain intake by snacking on ready-to-eat whole grain cereals, whole grain crackers or popcorn.

Reference: USDA MyPlate



Monday

Tuesday

Wednesday

Thursday

Friday

NO SCHOOL
LABOR DAY

2

Corn Dog
Sweet Potato Fries
Applesauce

3

Chili Crispito
Refried Beans
Pears

4

Spaghetti w/ meat sauce
Salad w/ ranch
Peaches

5

Pancake w/ syrup
Egg Patty
Hash brown
Orange Juice

6

Chicken Pot Pie
Mashed Potato
Dinner Roll
Fruit Cocktail

9

Sloppy Joe on Bun
Baked Beans
Mandarin Oranges

10

Ham Steak
Glazed Carrots
Dinner Roll
Tropical Fruit

11

Grilled Chicken on
WG Bun
Potato Wedge
Pineapple

12

Cheese Omelet
Broccoli
Biscuit
Orange Juice

13

Orange Chicken over
Rice
Salad w/ Ranch
Applesauce

16

Mac & Cheese
Green Beans
Pears
Pumpkin Bar

17

BBQ Rib Patty
Southwest Lentils
Peaches

18

Swiss Steak
Mashed Potatoes
Bread & Butter
Pineapple

19

Grilled Cheese
Tomato soup
Tropical Fruit

20

NO SCHOOL

23

Cheese Stuffed Breadstick
Spaghetti Sauce
Broccoli
Applesauce

24

Turkey Tetrizzini
Sweet Potatoes
Peaches

25

Hot Ham & Cheese
Sandwich
Baked Beans
Pears

26

French Toast Sticks
Syrup
Scrambled Eggs
Hash brown
Orange Juice

27

Chicken Nuggets
French Fries
Applesauce
Punch cake

30



This institution is an equal
Opportunity provider

