St. Teresa of Calcutta School **July 2019**

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
Donut, fruit, yogurt	Pancake sausage stick, fruit, yogurt	Mini pancakes, fruit, yogurt		Cereal, toast, OJ, yogurt
Mexican straw hats, tortilla chips, corn, peaches	Hot dogs, baked beans, applesauce	Ground beef & gravy over potatoes, carrots, fruit salad		Popcorn chicken, tater tots, fresh fruit
8	9	10	11	12
French toast sticks, fruit, yogurt	Breakfast. Pizza, OJ, yogurt	Omelet, toast, OJ, yogurt	Bagel, fruit yogurt	Cereal, toast, OJ, yogurt
Mini corn dogs, corn, peaches	Pork ribettes on WG bun, creamed rice, peas, pears	Hot Ham & Cheese sandwiches, green beans, applesauce	Breaded pork steak, potatoes, gravy, mixed vegetables, mandarin oranges	Chicken nuggets, baked beans, fresh fruit
15	16	17	18	19
Mini pancakes, fruit, yogurt	Breakfast cookie, yogurt,OJ	Pancake sausage stick, OJ, yogurt	Muffin, fruit, yogurt	Cereal, toast, OJ yogurt
Tuna casserole, green beans, peaches	Chicken patty on WG bun, potato wedges, pears	Pizza, corn, pineapple	Salisbury steak, mashed potatoes, carrots, strawberries	Shrimp poppers, baked beans, fresh fruit.
22	23	24	25	26
Bagel, fruit, yogurt	Omelet, toast, OJ, yogurt	Sausage patty, toast, OJ, yogurt	French toast sticks, fruit, yogurt	Cereal, toast, OJ, yogurt
Messy Mac, green beans, peaches	Sloppy joes on WG bun, peas, pears	Tacos on WG shell, corn applesauce	Sliced ham, mashed potatoes, mixed vegetables, fruit	Fish nuggets, baked beans, fresh fruit.
29	30	31	AUGUST 1	AUGUST 2
Muffins, fruit, yogurt Mini corn dogs, corn,	Breakfast pizza, fruit, yogurt	Mini pancakes, fruit, yogurt	Bagel, fruit, yogurt Ground beef & gravy	Oatmeal, toast, OJ, yogurt
peaches French toast sticks, fruit	Hamburgers on WG bun, French fries, pears	Messy Mac, green beans, and applesauce	over mashed potatoes carrots, peach crisp	Popcorn chicken, baked beans, fresh fruit

French toast sticks, fruit, yogurt

BREAKFAST:

Must have 3 food groups:

- **Fruit
- **Dairy
- **Whole Grain
- **Meat/meat substitute

LUNCH:

Must take 4 food groups:

- ** Fruit and/or vegetable 3/4 cup
- **Dairy 8 oz
- **Whole grain 2 oz.
- **Meat/Meat alternate 2 oz

Milk is served with all meals. Fresh carrots, broccoli, cauliflower and/or celery are offered with all lunches. Peanut butter sandwich option. All menus subject to change.

St. Teresa of Calcuttta School is an equal opportunity provider.

ADULT MEALS - BREAKFAST \$2.50 LUNCH \$3.75