

St. Philip Neri School

Lunch Menu

October 2018

Mon.	Tues.	Wed.	Thurs.	Fri.
1. Mini Ch. Burger Carrot Dippers Pears Milk	2. Chicken Nachos Celery Strawberries Animal Cookies Milk	3. Breaded Patty / WGR Bun Baked Beans Peaches Milk	4. Hamburger / WGR Bun Tossed Salad Dried Cherries Milk	5. Chicken Nuggets Fries Grapes Cookie Milk
8. No School Teacher In-Service	9. National Pizza Day! Pasta Salad Applesauce Milk	10. Meatball Sandwich Tossed Salad Banana Milk	11. Spicy Chic Wrap Carrot Dippers Dinner Roll Apple Milk	12. Beef Cutlet Mashed Potato / Gravy Mandarin Oranges Dinner Roll Milk
15. Cheese Ravioli Tossed Salad Peaches Roll Milk	16. Turkey / Gravy Mashed Potato Mixed Fruit WGR Roll Milk	17. French Toast Yogurt Cucumbers Banana Milk	18. Beef & Bean Burrito / Ch Baked Beans Apple Milk	19. Cheese Omlet Tater Tots Blueberry Cobbler Milk
22. Grilled Cheese Yogurt Carrot Dippers Apple Milk	23. Spaghetti / Mtballs Tossed Salad Orange Smiles Tea Roll Milk	24. Sloppy Joes / Bun Tater Tots Grapes Milk	24. Cheese Quesadilla Cauliflower Cantaloupe Animal Crackers Milk	26. Hearty Chili / Cheese Broccoli Strawberries Corn Bread Milk
29. Chicken Patty / WGR Bun Carrot Dippers Pears Milk	30. Tacos Refried Beans Corn Mixed Fruit Milk	31. Cheesy Chicken Casserole Celery Peaches Milk		

Think Simple: Fill Half Your Plate!

Now is the time to make it simple by filling half your plate with fruits and vegetables! Take the pledge to eat a variety of bright colored fruits and vegetables daily! Fruits and vegetables are packed with vitamins, minerals, antioxidants, and dietary fiber. These super foods will benefit children in childhood and adulthood.

- Each fruit and vegetable has its own nutritional profile, so include a wide variety to make sure every child gets the full array of nutrients. Start the day off with fresh grapes and apple wedges, include fresh carrots and a banana in your lunch and top it off with a vegetarian pasta sauce and sliced oranges.
- Fruits and vegetables are low in calories and fat and they tend to be filling. Substituting high-calorie snack foods with fruits and vegetables may help decrease children's daily calorie intake and help manage weight.
- A healthy lifestyle with fruits and vegetables in the diet may help children perform better in school. Make the pledge now to increase fruits and vegetables in your children's diets. Get excited to try them by picking out a new item at the grocery store or helping cook in the kitchen. Fruits and vegetables may not be on the top of the list for kids' favorite foods now, but they just may surprise you in the long run!



This institution is an equal opportunity provider.

Ice cold 1% & fat free milk is offered as part of every meal. Students do not have to take a milk if they do not want it.

Cups of cold water are available free of charge in the cafeteria during lunch.

Additional Fruit and Vegetable servings are offered at every lunch.