



St. Philip Neri School

Lunch Menu December 2018



Mon	Tue	Wed	Thu	Fri
3	4 Macho Nachos Carrots Pears Cookie Milk	5 Cheese Ravioli Tossed Salad Peaches Roll Milk	6 Sloppy Joes/Bun Tater Tots Grapes Milk	7 Beef Cutlet Mashed Potato/Gravy Mandarin Oranges Dinner Roll Milk
10 Pork Tenderloin/Bun Corn Apple Milk	11 Mini Ch Burger Carrot Dippers Pears Milk	12 Chicken Patty/WGR Bun Salad Mixed Fruit Milk	13 Beefy Noodles Green Beans Peaches Tea Roll Milk	14 Taco Salad Ch Bread Refried Beans Orange Smiles Milk
17 Taco's Refried Beans Corn Mixed Fruit Milk	18 Chicken Teriyaki Steamed Brown Rice Carrots Pears Milk	19 Hamburger/WGR Bun Tossed Salad Blueberries Milk	20 Grilled Ham and Cheese Cucumber Coins Banana Milk	21 Chicken Nuggets Fries Strawberries Cookie Milk
24	25	26	27	28



There are Miles of Whole Grains to Measure!

For some people, whole grains may have a too bitter of taste for them to eat and enjoy. This causes concern because they are not getting the vital nutrients that their bodies need. However, there is a solution!

- Whole grains do not always have to be brown; there is white whole wheat flour that can be used in cooking and baking.
- White whole wheat flour is made from an albino variety of wheat. The variety is lighter in color and has a sweeter, milder flavor than the traditional brown whole wheat varieties. This is great news for people who do not like the taste of traditional whole grains.

Now, do not get white wheat flour confused with white flour because they are NOT the same. White flour is refined (bran and germ removed) and offers less nutrients than white whole wheat flour. When buying white whole wheat flour, take a look at the ingredient list and make sure the "whole" is listed FIRST. If "whole" is not listed first, it is NOT a whole grain.



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.