

SEPTEMBER | 2019



St. Anthony's

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 LABOR DAY

3 Sloppy Joes 1 ea
Green beans ½ c
Tater tots 6 ea
Fruit ½ c

4 Pizza 1 ea
Carrots ¾ c
Spinach salad 1 c
Fruit ½ c

5 Chicken Bruschetta Pasta 4 oz
Salad 1 c
Garlic Bread 1 ea
Fruit ½ c

6 Bosco Sticks 2 ea
Broccoli ½ c
Fruitable 1 ea
Fruit ½ c

9 Hot Dog 1 ea
Baked Beans ½ c
Cauliflower ½ c
Fruit ½ c

10 Marco's Pizza 1 ea
Salad 1 c
Carrots ¾ c
Fruit ½ c

11 Chicken Wrap 1 ea
Corn ½ 1 c
Lettuce/tomato ½ c
Fruit ½ c

12 Spaghetti 4 oz
Green Beans ½ c
Spinach salad 1 c
Fruit ½ c

13 Fish Sandwich 1 ea
Broccoli ½ c
Tater tots 6 ea
Fruit ½ c

16 Fajitas 1 ea
Black Beans ½ c
Peppers/onions ¼ c
Cheese 1 oz
Fruit ½ c

17 Pizza 1 ea
Salad 1 c
Carrots ¾ c
Fruit ½ c

18 Pancake on a stick 1 ea
Tater tots 6 ea
Fruitable 1 ea
Fruit ½ c

19 Chicken Nachos 1 ea
Refried Beans ½ c
Lettuce/tomato ¼ c
Cheese/sour cream 1 oz
Fruit 1/2 c

20 CSM DAY
NO SCHOOL

23 Gen Tso 2 oz
Rice ½ c
Broccoli ½ c
Fruit ½ c

24 Bruno's Pizza 1 ea
Salad 1 c
Carrots ¾ c
Fruit ½ c

25 Tacos 1 ea
Lettuce/tomato ¼ c
Refried beans ½ c
Fruit ½ c

26 Cheeseburger 1 ea
Cauliflower ½ c
Green beans ½ c
Fruit ½ c

27 Baked Potato 1 ea
Broccoli ½ c
Fruitable 1 ea
Roll 1 ea
Fruit 1/2 c

30 Corn Dogs 5 ea
Mixed veggies ½ c
Baked Beans ½ c
Fruit ½ c

1 Beef Nachos 1 ea
Cheese/sour cream 1 oz
Lettuce/tomato ¼ c
Refried beans ½ c
Fruit ½ c

2 Chef Salad 1 ea
Fresh Veggies 1 c
Fruitable 1 ea
Ham/turkey 1 oz
Fruit ½ ea

3 Ham & Cheese on pretzel 1 ea
Fresh Veggies 1/2 c
Corn ½ c
Fruit 1/2 c

4 Mac n cheese 6 oz
Salad 1 c
Fruitable 1 ea
Fruit 1/21 c

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