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St. Gabriel Lunch Menu

October/November 2018

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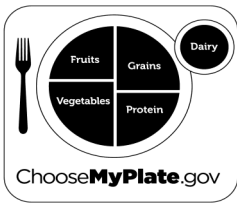
Monday	Tuesday	Wednesday	Thursday	Friday
29	30	31	1	2
<p>WG French Bread Pizza 340 Cal, 15g Fat, 35g Carb, 500mg Sod</p> <p>WG Cheez-It 100 Cal, 3.5g Fat, 14g Carb, 150mg Sod</p> <p>3/4 C Pepper Strips 13.5 Cal, 0g Fat, 3g Carb, 0mg Sod</p> <p>1/2 C Fruit Cocktail 60 Cal, 0g Fat, 16g Carb, 0mg Sod</p> <p>or Choice of Fresh Fruit</p> <p>Milk</p>	<p>Egg, and Cheese Biscuit</p> <p>WG Maple Flavored Biscuit 200 Cal, 5g Fat, 33g Carb, 280mg Sod</p> <p>1 Egg Patty 45 Cal, 3.5g Fat, 1g Carb, 95mg Sod</p> <p>1/2 oz. American Cheese 35 Cal, 2g Fat, 1g Carb, 105mg Sod</p> <p>2 Hash Brown Rounds 100 Cal, 3.5g Fat, 16g Carb, 105mg Sod</p> <p>1 Bag Baby Carrots 15 Cal, 0g Fat, 4g Carb, 35mg Sod</p> <p>1/2 C Sliced Peaches 50 Cal, 0g Fat, 12g Carb, 10mg Sod</p> <p>or Choice of Fresh Fruit</p> <p>Milk</p>	<p>2 WG Breaded Chicken Slider 188 Cal, 10g Fat, 12g Carb, 378mg Sod</p> <p>2 WG Slider Swirl Roll 200 Cal, 5g Fat, 34g Carb, 200mg Sod</p> <p>1/2 C Shred Romaine & Tomato 7.7 Cal, 0g Fat, 1.7g Carb, 0mg Sod</p> <p>1/2 C Mashed Potato 60 Cal, .75g Fat, 13g Carb, 233mg Sod</p> <p>1/2 C Applesauce 50 Cal, 0g Fat, 12g Carb, 10mg Sod</p> <p>or Choice of Fresh Fruit</p> <p>Milk</p> <p>2 Ketchup</p>	<p>Chicken Taco Bowl 1</p> <p>1.5 oz. Chicken Taco Meat 75 Cal, 3.4g Fat, 1.5g Carb, 157.5mg Sod</p> <p>1/2 oz. Shredded Cheddar Cheese 27.5 Cal, 2.25g Fat, 0g Carb, 45mg Sod</p> <p>1/2 C Shredded Romaine & Tomato 7.7 Cal, 0g Fat, 1.7g Carb, 0mg Sod</p> <p>1/2 C Black Beans 90 Cal, 0g Fat, 16g Carb, 140mg Sod</p> <p>1/4 C Brown Rice 42.5 Cal, 0.37g Fat, 8.75g Carb, 0mg Sod</p> <p>WG RF Tostito Rounds 120 Cal, 4.5g Fat, 18g Carb, 105mg Sod</p> <p>1/2 C Mandarin Oranges 80 Cal, 0g Fat, 18g Carb, 10mg Sod</p> <p>or Choice of Fresh Fruit</p> <p>Milk</p>	<p>Cheeseburger</p> <p>Hamburger Patty 130 Cal, 8g Fat, 1g Carb, 85mg Sod</p> <p>WG Hamburger Roll 130 Cal, 1.5g Fat, 24g Carb, 250mg Sod</p> <p>1/2 oz. American Cheese 35 Cal, 2g Fat, 1g Carb, 105mg Sod</p> <p>1/2 C Shredded Romaine & Tomato 7.7 Cal, 0g Fat, 1.7g Carb, 0mg Sod</p> <p>7 Spudsters 170 Cal, 8g Fat, 23g Carb, 430mg Sod</p> <p>1/2 C Sliced Peaches 50 Cal, 0g Fat, 12g Carb, 10mg Sod</p> <p>or Choice of Fresh Fruit</p> <p>Milk</p> <p>2 Ketchup</p>
5	6	7	8	9
<p>WG Personal Pan Pizza 320 Cal, 12g Fat, 35g Carb, 480mg Sod</p> <p>Cape Cod Kettle Potato Chips 70 Cal, 3g Fat, 9g Carb, 42.5mg Sod</p> <p>1 C Romaine Tomato Cucumber Salad 6 Cal, 0g Fat, 1.2g Carb, 26mg Sod</p> <p>1/2 C Mandarin Oranges 80 Cal, 0g Fat, 18g Carb, 10mg Sod</p> <p>or Choice of Fresh Fruit</p> <p>Milk</p>	<p style="text-align: center;">Early Release No Lunch</p>	<p>2 WG French Toast Sticks 240 Cal, 7g Fat, 38g Carb, 260mg Sod</p> <p>1 oz. Syrup Cup 80 Cal, 0g Fat, 20g Carb, 10mg Sod</p> <p>1 Chicken Sausage Patty 80 Cal, 6g Fat, 0g Carb, 270mg Sod</p> <p>1 Sunbelievable Sidekick 110 Cal, 0g Fat, 2g Carb, 25mg Sod</p> <p>1 Bag Baby Carrots 15 Cal, 0g Fat, 4g Carb, 35mg Sod</p> <p>1/2 C Sliced Peaches 50 Cal, 0g Fat, 12g Carb, 10mg Sod</p> <p>or Choice of Fresh Fruit</p> <p>Milk</p>	<p>Beef Hot Dog 137 Cal, 8g Fat, 14g Carb,</p> <p>WG Hot Dog Bun 130 Cal, 1.5g Fat, 26g Carb, 230mg Sod</p> <p>4 Spudsters 90 Cal, 4g Fat, 12g Carb, 210mg Sod</p> <p>1/2 C Baked Beans 130 Cal, 0g Fat, 26g Carb, 140mg Sod</p> <p>1/2 C Diced Pears 60 Cal, 0g Fat, 16g Carb, 5mg Sod</p> <p>or Choice of Fresh Fruit</p> <p>Milk</p> <p>2 Ketchup</p>	<p>WG Breaded Chicken Patty 210 Cal, 14g Fat, 12g Carb, 340mg Sod</p> <p>WG Hamburger Roll 130 Cal, 1.5g Fat, 24g Carb, 250mg Sod</p> <p>1/2 C Shred Romaine & Tomato 7.7 Cal, 0g Fat, 1.7g Carb, 0mg Sod</p> <p>1/2 C Sweet Potato Crinkle Cut Fries 120 Cal, 4.5g Fat, 17g Carb, 180mg Sod</p> <p>1/2 C Applesauce 50 Cal, 0g Fat, 12g Carb, 10mg Sod</p> <p>or Choice of Fresh Fruit</p> <p>Milk</p> <p>2 Ketchup</p>

1 PC Ketchup
10 Cal, 0g Fat,
3g Carb, 25 mg Sod

1 Ranch Cup
70 Cal, 6g Fat,
5g Carb, 125mg Sod

1% Milk 110 Cal, 2.5g Fat, 13g Carb, 130 mg Sodium
Fat Free Chocolate Milk 120 Cal, 0g Fat, 21g Carb, 190 mg Sodium
Fat Free Strawberry Milk 120 Cal, 0g Fat, 21g Carb, 100 mg Sodium

Paid Lunch \$3.00
Reduced Lunch \$.40
Milk \$.50 Ice Cream \$.75



St. Gabriel Lunch Menu

November 2018

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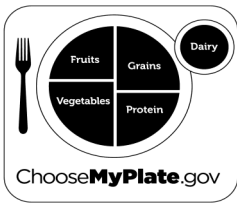
Monday	Tuesday	Wednesday	Thursday	Friday	
12	13	14	15	16	
<p>4 WG Cheese Bites 280 Cal, 12g Fat, 28g Carb, 540mg Sod</p> <p>1/2 C Marinara 50 Cal, 0g Fat, 11g Carb, 170mg Sod</p> <p>4 Smile Potato Fries 130 Cal, 4.5g Fat, 20g Carb, 180mg Sod</p> <p>1/2 C Pineapple Chunks 60 Cal, 0g Fat, 16g Carb, 0mg Sod</p> <p>or Choice of Fresh Fruit</p> <p>Milk</p>	<p>1 WG Chicken Soft Taco 1-6" Flour Tortilla 90 Cal, 2g Fat, 15g Carb, 150mg Sod</p> <p>1.5 oz. Chicken Taco Meat 75 Cal, 3.4g Fat, 1.5g Carb, 157.5mg Sod</p> <p>1/2 oz. Shredded Cheddar Cheese 27.5 Cal, 2.25g Fat, 0g Carb, 45mg Sod</p> <p>1/2 C Shredded Romaine & Tomato 7.7 Cal, 0g Fat, 1.7g Carb, 0mg Sod</p> <p>1/2 C Black Beans 90 Cal, 0g Fat, 16g Carb, 140mg Sod</p> <p>1 oz. Bag RF Nacho Cheese Doritos 130 Cal, 5g Fat, 20g Carb, 200mg Sod</p> <p>1/2 C Sliced Peaches 50 Cal, 0g Fat, 12g Carb, 10mg Sod</p> <p>or Choice of Fresh Fruit</p> <p>Milk</p>	<p>8 Chicken Fries 260 Cal, 15g Fat, 16g Carb, 390mg Sod</p> <p>2 Hash Brown Rounds 100 Cal, 3.5g Fat, 16g Carb, 105mg Sod</p> <p>1 Bag Baby Carrots 15 Cal, 0g Fat, 4g Carb, 35mg Sod</p> <p>1/2 C Fruit Cocktail 60 Cal, 0g Fat, 16g Carb, 0mg Sod</p> <p>or Choice of Fresh Fruit</p> <p>Milk</p> <p>3 Ketchup</p>	<p>WG Multi Garlic French Bread Pizza 320 Cal, 15g Fat, 30g Carb, 580mg Sod</p> <p>1/2 C Marinara 50 Cal, 0g Fat, 11g Carb, 170mg Sod</p> <p>1/2 C Carrot Coins 27 Cal, 0g Fat, 5.3g Carb, 37.5mg Sod</p> <p>1/2 C Applesauce 50 Cal, 0g Fat, 12g Carb, 10mg Sod</p> <p>or Choice of Fresh Fruit</p> <p>Milk</p>	<p>3 Chicken Tenders 200 Cal, 11g Fat, 12g Carb, 530mg Sod</p> <p>4 Tater Tots 65 Cal, 3g Fat, 8g Carb, 155mg Sod</p> <p>1.5 oz. Honey Wheat Roll 100 Cal, 1.5g Fat, 20g Carb, 180mg Sod</p> <p>1/2 C Fresh Cucumber Slices 7 Cal, 0g Fat, 1.5 Carb, 0g Sod</p> <p>1/2 C Mandarin Oranges 80 Cal, 0g Fat, 18g Carb, 10mg Sod</p> <p>or Choice of Fresh Fruit</p> <p>Milk</p> <p>2 Ketchup</p>	
19	20	21	22	23	
<p>WG Pizza Calzone 260 Cal, 8g Fat, 29g Carb, 380mg Sod</p> <p>1 Bag WG Cheddar Goldfish 100 Cal, 4g Fat, 14g Carb, 170mg Sod</p> <p>1/2 C Carrot Coins 40.5 Cal, 0g Fat, 7.95g Carb, 56.3mg Sod</p> <p>1/2 C Applesauce 50 Cal, 0g Fat, 12g Carb, 10mg Sod</p> <p>or Choice of Fresh Fruit</p> <p>Milk</p>	<p>Popcorn Chicken Bowl 12 WG Popcorn Chicken 210 Cal, 12g Fat, 12g Carb, 350mg Sod</p> <p>1/2 C Mashed Potato 60 Cal, 0.75g Fat, 13g Carb, 233mg Sod</p> <p>1/2 C Mixed Vegetables 42.75 Cal, 0g Fat, 6.75g Carb, 11.25mg Sod</p> <p>1.5 oz. Honey Wheat Roll 100 Cal, 1.5g Fat, 20g Carb, 180mg Sod</p> <p>1/2 C Diced Pears 60 Cal, 0g Fat, 16g Carb, 5mg Sod</p> <p>or Choice of Fresh Fruit</p> <p>Milk</p> <p>2 Ketchup</p>	<p>Thanksgiving Break No School</p>		<p>Happy Thanksgiving!</p>	
<p>Thanksgiving Break No School</p>					

1 PC Ketchup
10 Cal, 0g Fat,
3g Carb, 25 mg Sod

1 Ranch Cup
70Cal, 6g Fat,
5g Carb, 125mg Sod

1% Milk 110 Cal, 2.5g Fat, 13g Carb, 130 mg Sodium
Fat Free Chocolate Milk 120 Cal, 0g Fat, 21g Carb, 190 mg Sodium
Fat Free Strawberry Milk 120 Cal, 0g Fat, 21g Carb, 100 mg Sodium

Paid Lunch \$3.00
Reduced Lunch \$.40
Milk \$.50 Ice Cream \$.75



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St. Gabriel Lunch Menu

November/December 2018

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Monday	Tuesday	Wednesday	Thursday	Friday
26 WG French Bread Pizza 340 Cal, 15g Fat, 35g Carb, 500mg Sod WG Cheez-It 100 Cal, 3.5g Fat, 14g Carb, 150mg Sod 3/4 C Pepper Strips 13.5 Cal, 0g Fat, 3g Carb, 0mg Sod 1/2 C Fruit Cocktail 60 Cal, 0g Fat, 16g Carb, 0mg Sod or Choice of Fresh Fruit Milk	27 <u>Egg, and Cheese Biscuit</u> WG Maple Flavored Biscuit 200 Cal, 5g Fat, 33g Carb, 280mg Sod 1 Egg Patty 45 Cal, 3.5g Fat, 1g Carb, 95mg Sod 1/2 oz. American Cheese 35 Cal, 2g Fat, 1g Carb, 105mg Sod 2 Hash Brown Rounds 100 Cal, 3.5g Fat, 16g Carb, 105mg Sod 1 Bag Baby Carrots 15 Cal, 0g Fat, 4g Carb, 35mg Sod 1/2 C Sliced Peaches 50 Cal, 0g Fat, 12g Carb, 10mg Sod or Choice of Fresh Fruit Milk	28 2 WG Breaded Chicken Slider 188 Cal, 10g Fat, 12g Carb, 378mg Sod 2 WG Slider Swirl Roll 200 Cal, 5g Fat, 34g Carb, 200mg Sod 1/2 C Shred Romaine & Tomato 7.7 Cal, 0g Fat, 1.7g Carb, 0mg Sod 1/2 C Mashed Potato 60 Cal, .75g Fat, 13g Carb, 233mg Sod 1/2 C Applesauce 50 Cal, 0g Fat, 12g Carb, 10mg Sod or Choice of Fresh Fruit Milk 2 Ketchup	29 <u>Chicken Taco Bowl</u> 1.5 oz. Chicken Taco Meat 75 Cal, 3.4g Fat, 1.5g Carb, 157.5mg Sod 1/2 oz. Shredded Cheddar Cheese 27.5 Cal, 2.25g Fat, 0g Carb, 45mg Sod 1/2 C Shredded Romaine & Tomato 7.7 Cal, 0g Fat, 1.7g Carb, 0mg Sod 1/2 C Black Beans 90 Cal, 0g Fat, 16g Carb, 140mg Sod 1/4 C Brown Rice 42.5 Cal, 0.37g Fat, 8.75g Carb, 0mg Sod WG RF Tostito Rounds 120 Cal, 4.5g Fat, 18g Carb, 105mg Sod 1/2 C Mandarin Oranges 80 Cal, 0g Fat, 18g Carb, 10mg Sod or Choice of Fresh Fruit Milk	30 <u>Cheeseburger</u> Hamburger Patty 130 Cal, 8g Fat, 1g Carb, 85mg Sod WG Hamburger Roll 130 Cal, 1.5g Fat, 24g Carb, 250mg Sod 1/2 oz. American Cheese 35 Cal, 2g Fat, 1g Carb, 105mg Sod 1/2 C Shredded Romaine & Tomato 7.7 Cal, 0g Fat, 1.7g Carb, 0mg Sod 7 Spudsters 170 Cal, 8g Fat, 23g Carb, 430mg Sod 1/2 C Sliced Peaches 50 Cal, 0g Fat, 12g Carb, 10mg Sod or Choice of Fresh Fruit Milk 2 Ketchup
3 WG Personal Pan Pizza 320 Cal, 12g Fat, 35g Carb, 480mg Sod Cape Cod Kettle Potato Chips 70 Cal, 3g Fat, 9g Carb, 42.5mg Sod 1 C Romaine Tomato Cucumber Salad 6 Cal, 0g Fat, 1.2g Carb, 26mg Sod 1/2 C Mandarin Oranges 80 Cal, 0g Fat, 18g Carb, 10mg Sod or Choice of Fresh Fruit Milk	4 6 WG Chicken Nuggets 288 Cal, 14.4g Fat, 19.2g Carb, 516mg Sod 1/2 C Mashed Potato 60 Cal, .75g Fat, 13g Carb, 233mg Sod 1/2 C Steamed Broccoli 13 Cal, 0g Fat, 2g Carb, 10mg Sod 1/2 C Pineapple Chunks 60 Cal, 0g Fat, 16g Carb, 0mg Sod or Choice of Fresh Fruit Milk 2 Ketchup	5 2 WG French Toast Sticks 240 Cal, 7g Fat, 38g Carb, 260mg Sod 1 oz. Syrup Cup 80 Cal, 0g Fat, 20g Carb, 10mg Sod 1 Chicken Sausage Patty 80 Cal, 6g Fat, 0g Carb, 270mg Sod 1 Sunbelievable Sidekick 110 Cal, 0g Fat, 2g Carb, 25mg Sod 1 Bag Baby Carrots 15 Cal, 0g Fat, 4g Carb, 35mg Sod 1/2 C Sliced Peaches 50 Cal, 0g Fat, 12g Carb, 10mg Sod or Choice of Fresh Fruit Milk	6 Beef Hot Dog 137 Cal, 8g Fat, 14g Carb, WG Hot Dog Bun 130 Cal, 1.5g Fat, 26g Carb, 230mg Sod 4 Spudsters 90 Cal, 4g Fat, 12g Carb, 210mg Sod 1/2 C Baked Beans 130 Cal, 0g Fat, 26g Carb, 140mg Sod 1/2 C Diced Pears 60 Cal, 0g Fat, 16g Carb, 5mg Sod or Choice of Fresh Fruit Milk 2 Ketchup	7 WG Breaded Chicken Patty 210 Cal, 14g Fat, 12g Carb, 340mg Sod WG Hamburger Roll 130 Cal, 1.5g Fat, 24g Carb, 250mg Sod 1/2 C Shred Romaine & Tomato 7.7 Cal, 0g Fat, 1.7g Carb, 0mg Sod 1/2 C Sweet Potato Crinkle Cut Fries 120 Cal, 4.5g Fat, 17g Carb, 180mg Sod 1/2 C Applesauce 50 Cal, 0g Fat, 12g Carb, 10mg Sod or Choice of Fresh Fruit Milk 2 Ketchup

1 PC Ketchup
10 Cal, 0g Fat,
3g Carb, 25 mg Sod

1 Ranch Cup
70 Cal, 6g Fat,
5g Carb, 125mg Sod

1% Milk 110 Cal, 2.5g Fat, 13g Carb, 130 mg Sodium
Fat Free Chocolate Milk 120 Cal, 0g Fat, 21g Carb, 190 mg Sodium
Fat Free Strawberry Milk 120 Cal, 0g Fat, 21g Carb, 100 mg Sodium

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