

# St. Gabriel Lunch Menu

May/June 2018

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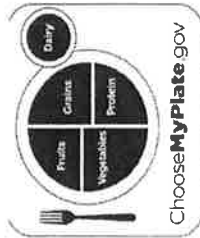
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Monday	Tuesday	Wednesday	Thursday	Friday
<p>28</p> <p><b>Memorial Day</b> No School</p> <p>1 Tater Chip Chicken Filet 240 Cal, 14g Fat, 18g Carb, 640mg Sod</p> <p>WG Hamburger Roll 130 Cal, 1.5g Fat, 24g Carb, 250mg Sod</p> <p>1/2 C Shred Romaine &amp; Tomato 8 Cal, 0g Fat, 1.7g Carb, 0mg Sod</p> <p>1/4 C Corn 36 Cal, 0.2g Fat, 7.2g Carb, 0mg Sod</p> <p>1/2 C Sliced Peaches 50 Cal, 0g Fat, 12g Carb, 5mg Sod</p> <p>or Fresh Fruit Milk</p>	<p>29</p> <p>1 Tater Chip Chicken Filet 240 Cal, 14g Fat, 18g Carb, 640mg Sod</p> <p>WG Hamburger Roll 130 Cal, 1.5g Fat, 24g Carb, 250mg Sod</p> <p>1/2 C Shred Romaine &amp; Tomato 8 Cal, 0g Fat, 1.7g Carb, 0mg Sod</p> <p>1/4 C Corn 36 Cal, 0.2g Fat, 7.2g Carb, 0mg Sod</p> <p>1/2 C Sliced Peaches 50 Cal, 0g Fat, 12g Carb, 5mg Sod</p> <p>or Fresh Fruit Milk</p>	<p>30</p> <p>8 WG Pizza Bites 248 Cal, 5.6g Fat, 40g Carb, 680mg Sod</p> <p>5 Sweet Potato Puffs 65 Cal, 1.8g Fat, 11.5g Carb, 130mg Sod</p> <p>3/4 C Fresh Broccoli w/Ranch 90 Cal, 6g Fat, 8g Carb, 140mg Sod</p> <p>1/2 C Pineapple Chunks 70 Cal, 0g Fat, 17g Carb, 10mg Sod</p> <p>or Fresh Fruit Milk</p>	<p>31</p> <p>Cold Cut Grinder Turkey Bologna (1.5 oz.) 60 Cal, 3g Fat, 0g Carb, 230 mg Sod</p> <p>Turkey Pastrami (1 oz.) 40 Cal, 2g Fat, 0g Carb, 153.3mg Sod</p> <p>1/2 oz. American Cheese 35 Cal, 2g Fat, 1g Carb, 105mg Sod</p> <p>WG Grinder Roll 150 Cal, 1g Fat, 29g Carb, 280mg Sod</p> <p>1/2 C Shred Romaine &amp; Tomato 7.7 Cal, 0g Fat, 1.7g Carb, 0mg Sod</p> <p>Cape Cod Kettle Potato Chips 70 Cal, 3g Fat, 9g Carb, 42.5mg Sod</p> <p>1/2 C Mandarin Oranges 60 Cal, 0g Fat, 14 Carb, 10mg Sod</p> <p>or Fresh Fruit Milk</p>	<p>1</p> <p>Chicken (2 oz.) Taco Bowl with 1/2 C Black Beans &amp; 1/2 oz. Cheddar 250 Cal, 9.5g Fat, 18g Carb, 698mg Sod</p> <p>1/4 C Brown Rice 43 Cal, 0.5g Fat, 9g Carb, 0mg Sod</p> <p>1 C Shred Romaine &amp; Tomato 12 Cal, 0g Fat, 2.7g Carb, 0mg Sod</p> <p>.88 oz. WG RF Tostito Rounds 120 Cal, 4.5g Fat, 18g Carb, 105mg Sod</p> <p>1/2 C Applesauce 50 Cal, 0g Fat, 13g Carb, 10mg Sod</p> <p>or Fresh Fruit Milk</p>
<p>4</p> <p>WG Chicken Filet 320 Cal, 12g Fat, 35g Carb, 480mg Sod</p> <p>WG Hamburger Roll 130 Cal, 1.5g Fat, 24g Carb, 250mg Sod</p> <p>1/2 C Carrot Coins 27 Cal, 0g Fat, 5.3g Carb, 38mg Sod</p> <p>1/2 C Shred Romaine &amp; Tomato 7.7 Cal, 0g Fat, 1.7g Carb, 0mg Sod</p> <p>1/2 C Applesauce 50 Cal, 0g Fat, 13g Carb, 10mg Sod</p> <p>or Fresh Fruit Milk</p>	<p>5</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 C Baked Beans 130 Cal, 0g Fat, 26g Carb, 140mg Sod</p> <p>1/2 C Shred Romaine &amp; Tomato 8 Cal, 0g Fat, 1.7g Carb, 0mg Sod</p> <p>1 pk Baby Carrots 16 Cal, 0g Fat, 3.7g Carb, 35mg Sod</p> <p>1/2 C Sliced Peaches 50 Cal, 0g Fat, 12g Carb, 5mg Sod</p> <p>or Fresh Fruit Milk</p> <p>2 Ketchup</p>	<p>6</p> <p>2 WG French Toast 240 Cal, 7g Fat, 38g Carb, 260mg Sod</p> <p>1 Chicken Sausage Patty 80 Cal, 0g Fat, 0g Carb, 270mg Sod</p> <p>1 oz Syrup Cup 80 Cal, 0g Fat, 20g Carb, 0mg Sod</p> <p>1 Hash Brown 130 Cal, 8g Fat, 14g Carb, 250mg Sod</p> <p>1/2 C Diced Peas 60 Cal, 0g Fat, 16g Carb, 5mg Sod</p> <p>or Fresh Fruit Milk</p> <p>2 Ketchup</p>	<p>7</p> <p>12 pieces Popcorn Chicken 210 Cal, 12g Fat, 12g Carb, 350mg Sod</p> <p>1/2 C Mashed Potato 60 Cal, .8g Fat, 13g Carb, 233mg Sod</p> <p>3/4 C Steamed Broccoli 20 Cal, 0g Fat, 3g Carb, 15mg Sod</p> <p>1 oz Chocolate Elf Grahams 120 Cal, 4g Fat, 20g Carb, 125mg Sod</p> <p>1/2 C Pineapple Chunks 70 Cal, 0g Fat, 17g Carb, 10mg Sod</p> <p>or Fresh Fruit Milk</p>	<p>8</p> <p>1 WG Breaded Chicken Slider 94 Cal, 5g Fat, 6 Carb, 189mg Sod</p> <p>1 WG Slider Swi-1 Roll 100 Cal, 2.5g Fat, 17 Carb, 100mg Sod</p> <p>5 Smiley Potatoes 160 Cal, 6g Fat, 25g Carb, 230mg Sod</p> <p>1/2 C Shred Romaine &amp; Tomato 8 Cal, 0g Fat, 1.7g Carb, 0mg Sod</p> <p>1/2 C Mandarin Oranges 60 Cal, 0g Fat, 14 Carb, 10mg Sod</p> <p>or Fresh Fruit Milk</p> <p>2 Ketchup</p>

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

June 2018

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>11</p> <p><b>Field Day - No Hot Lunch Served</b></p>	<p>12</p> <p>1 WG Soft Taco 1.5 oz Chicken Taco Meat 150 Cal, 3.38 g Fat, 1.5g Carb, 158mg Sod 1 oz Shredded Cheddar 55 Cal, 4.5g Fat, 0g Carb, 90mg Sod 6" WG Tortilla 90 Cal, 2g Fat, 15g Carb, 150mg Sod 1 oz RF Doritos 130 Cal, 5g Fat, 20g Carb, 200mg Sod 1/2 C Green Beans 20 Cal, 0g Fat, 4g Carb, 5mg Sod 1/2 C Fruit Cocktail 60 Cal, 0g Fat, 14g Carb, 20mg Sod or Fresh Fruit Milk</p>	<p>13</p> <p>Hamburger Patty 130 Cal, 8g Fat, 1g Carb, 85mg Sod WG Hamburger Roll 130 Cal, 1.5g Fat, 24g Carb, 250mg Sod 1/2 C Shred Romaine &amp; Tomato 8 Cal, 0g Fat, 1.7g Carb, 0mg Sod 4 Spudsters 90 Cal, 4g Fat, 12g Carb, 210mg Sod 1/2 C Pineapple Chunks 70 Cal, 0g Fat, 17g Carb, 5mg or Fresh Fruit Milk</p>	<p>14</p> <p>3 Chicken Tenders 210 Cal, 13g Fat, 13g Carb, 510mg Sod WG Dinner Roll 70 Cal, 1g Fat, 13g Carb, 120mg Sod .5 oz Cape Cod Potato Chips 70 Cal, 3g Fat, 9g Carb, 53mg Sod 3/4 C Fresh Pepper Slices w/Ranch 84 Cal, 6g Fat, 8g Carb, 125mg Sod 1/2 C Mandarin Oranges 60 Cal, 0g Fat, 14g Carb, 10mg Sod or Fresh Fruit Milk 2 Ketchup</p>	<p>15</p> <p>WG French Bread Pizza 290 Cal, 11g Fat, 33g Carb, 600mg Sod 3/4 C Broccoli w/Ranch 90 Cal, 6g Fat, 8g Carb, 140mg Sod .75 oz. WG Cheddar Goldfish 84 Cal, 4g Fat, 14g Carb, 170mg Sod 1/2 C Applesauce 50 Cal, 0g Fat, 13g Carb, 10mg Sod or Fresh Fruit Milk</p>
<p>18</p> <p>Personal Pan Pizza 320 Cal, 12g Fat, 35g Carb, 480mg Sod 1/2 C Romaine Salad w/Tomato, Cucumbers &amp; LF Italian 3 Cal, 0g Fat, 0.6g Carb, 13mg Sod 1/2 C Broccoli w/Ranch 83 Cal, 6g Fat, 7g Carb, 135mg Sod 1/2 C Applesauce 50 Cal, 0g Fat, 13g Carb, 10mg Sod or Fresh Fruit Milk</p>	<p>19</p> <p><b>Early Release No Lunch</b></p>	<p>20</p> <p>Visit our Free Summer Meals In Windsor for ANY child 18 and under.  Dates: June 25 thru August 24 Closed July 4 Open Monday—Friday</p>	<p>21</p> <p>Locations: Poquonock School 1760 Poquonock Avenue 11:15-12:15 Lunch 12:15-12:30 Snack  Deerfield Apartments 782B Windsor Avenue 11:30-12:15 Lunch 12:15-12:30 Snack</p>	<p>22</p> <p>Wilson Library 365 Windsor Avenue 11:30-12:45 Lunch 12:45-1:00 Snack  Goslee Pool 685 Windsor Avenue 12:45-1:15 Lunch 1:15-1:30 Snack</p>
<p>1 PC Ketchup 10 Cal, 0g Fat, 3g Carb, 25 mg Sod</p>	<p>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</p>	<p>Paid Lunch \$3.00 Reduced Lunch \$ .40 Milk \$ .50 Ice Cream \$ .75</p>		