

*Menu subject to change

“USDA does not endorse any products, services, or organizations.”

St. Gabriel Lunch Menu

October 2019



“This institution is an equal opportunity provider”

Monday	Tuesday	Wednesday	Thursday	Friday
30 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	NO SCHOOL	2 *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	3 Chicken Taco Bowl 1.5 oz. Chicken Taco Meat 75 Cal, 3.4g Fat, 1.5g Carb, 157.5mg Sod 1 TBSP Shredded Cheddar Cheese 27 Cal, 2.25g Fat, .5g 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 White Rice 42.5 Cal, 0g Fat, 9g 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	4 Cheeseburger Hamburger Patty 130 Cal, 8g Fat, 1g Carb, 85mg Sod WG Hamburger Roll 130 Cal, 1.5g Fat, 24g Carb, 250mg Sod 1 Slice Low Fat 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
7 WG Personal Pan Pizza 320 Cal, 12g Fat, 35g Carb, 480mg Sod WG Cheddar Goldfish 100 Cal, 4g Fat, 14g Carb, 170mg Sod 1 C Romaine, Tomato, Cucumber Salad w/Low Fat Italian Dressing 6 Cal, .1g Fat, 1.2g Carb, 26.25mg Sod 1/2 C Mandarin Oranges 80 Cal, 0g Fat, 18g Carb, 10mg Sod or Choice of Fresh Fruit Milk	8 *6 Chicken Breast Nuggets 300 Cal, 15g Fat, 19g Carb, 550mg Sod *1 oz. Honey Wheat Roll 65 Cal, 1g Fat, 13g Carb, 120mg Sod 1/2 C Mashed Potato 68 Cal, .78g Fat, 14g Carb, 25mg 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	9 2 WG Breaded Chicken Bkfst. Slider 240 Cal, 12.4g Fat, 10g Carb, 362mg Sod 2 WG Slider Swirl Roll 200 Cal, 5g Fat, 34g Carb, 200mg Sod 1/2 C Shredded Romaine & Tomato 7.7 Cal, 0g Fat, 1.7g Carb, 0mg Sod 1/2 C Mashed Potato 68 Cal, .78g Fat, 14g Carb, 25mg Sod 1/2 C Applesauce 50 Cal, 0g Fat, 12g Carb, 10mg Sod or Choice of Fresh Fruit Milk	10 Hot Dog (Beef/Chicken/Pork) 120 Cal, 8g Fat, 4g Carb, 560mg Sod 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	11 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 Shredded 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

***Red=Contains Egg**

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

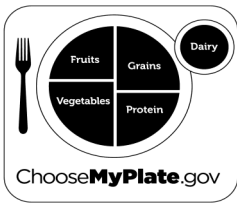
Ketchup Pkt 10 Cal, 0 Fat, 3g Carb, 25mg Sod

1% Milk 110 Cal, 2.5g Fat, 13g Carb, 125mg Sod
FF Choc 130 Cal, 0 Fat, 24g Carb, 240mg Sod
FF Straw 130 Cal, 0 Fat, 23g Carb, 150mg Sod

Paid Lunch \$3.00

Reduced Lunch \$.40

Milk \$.50 Ice Cream \$.75



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28	29	30	31	
<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>4 Teriyaki Chicken Dippers 140 Cal, 4.5g Fat, 8g Carb, 360mg Sod</p> <p>1/2 C White Rice 85 Cal, 0g Fat, 18.5g Carb, 0mg Sod</p> <p>3/4 C Steamed Broccoli 19.5 Cal, 0g Fat, 3g Carb, 15mg Sod</p> <p>*WG Carnival Cookie 170 Cal, 5.7g Fat, 28g Carb, 142.5mg Sod</p> <p>1/2 C Pineapple 60 Cal, 0g Fat, 16g Carb, 0mg Sod</p> <p>or Choice of Fresh Fruit</p> <p>Milk</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>Chicken Taco Bowl</p> <p>1.5 oz. Chicken Taco Meat 75 Cal, 3.4g Fat, 1.5g Carb, 157.5mg Sod</p> <p>1 TBSP Shredded Cheddar Cheese 27 Cal, 2.25g Fat, .5g 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 White Rice 42.5 Cal, 0g Fat, 9g 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>	

***Red=Contains Egg**

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

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

1% Milk 110 Cal, 2.5g Fat, 13g Carb, 125mg Sod

FF Choc 130 Cal, 0 Fat, 24g Carb, 240mg Sod

FF Straw 130 Cal, 0 Fat, 23g Carb, 150mg Sod

Paid Lunch \$3.00

Reduced Lunch \$.40

Milk \$.50 Ice Cream \$.75