

St. Gabriel Lunch Menu

February/March 2018

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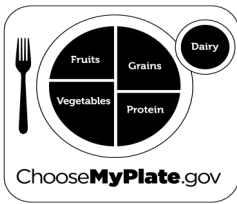
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Monday	Tuesday	Wednesday	Thursday	Friday
26	27	28	1	2
WG French Bread Pizza 290 Cal, 11g Fat, 33g Carb, 600mg Sod 3/4 C Fresh Pepper Strips w/Ranch 84 Cal, 6g Fat, 8g Carbs, 125mg Sod .75 oz WG Cheddar Goldfish 100 Cal, 4g Fat, 14g Carb, 170mg Sod 1 C Applesauce 100 Cal, 0g Fat, 26g Carb, 20mg Sod or Fresh Fruit Milk	1 Tater Chip Chicken Filet 240 Cal, 14g Fat, 18g Carb, 640mg Sod WG Hamburger Roll 130 Cal, 1.5g Fat, 24g Carb, 250mg Sod 1/2 C Shred Romaine & Tomato 8 Cal, 0g Fat, 1.7g Carb, 0mg Sod 1/4 C Corn 36 Cal, 0.2g Fat, 7.2g Carb, 0mg Sod 1/2 C Sliced Peaches 50 Cal, 0g Fat, 12g Carb, 5mg Sod or Fresh Fruit Milk	8 WG Pizza Bites 248 Cal, 5.6g Fat, 40g Carb, 680mg Sod 5 Sweet Potato Puffs 65 Cal, 1.8g Fat, 11.5g Carb, 130mg Sod 3/4 C Fresh Broccoli w/Ranch 90 Cal, 6g Fat, 8g Carb, 140mg Sod 1/2 C Pineapple Chunks 70 Cal, 0g Fat, 17g Carb, 10mg Sod or Fresh Fruit Milk	Chicken (2 oz) Taco Bowl with 1/2 C Black Beans & 1/2 oz Cheddar 250 Cal, 9.5g Fat, 18g Carb, 698mg Sod 1/4 C Brown Rice 43 Cal, 0.5g Fat, 9g Carb, 0mg Sod 1 C Shred Romaine & Tomato 12 Cal, 0g Fat, 2.7g Carb, 0mg Sod .88 oz WG RF Tostito Rounds 120 Cal, 4.5g Fat, 18g Carb, 105mg Sod 3/4 C Diced Pears 90 Cal, 0g Fat, 24g Carb, 8mg Sod or Fresh Fruit Milk	WG Grilled Cheese 340 Cal, 17g Fat, 34g Carb, 480mg Sod 1/2 C Tomato Soup 60 Cal, 1.5g Fat, 10.5g Carb, 40mg Sod .75 oz WG Goldfish Crackers 100 Cal, 3.5g Fat, 14g Carb, 170mg Sod 1 pk Baby Carrots 16 Cal, 0g Fat, 3.7g Carb, 35mg Sod 1/2 C Mandarin Oranges 60 Cal, 0g Fat, 14g Carb, 10mg Sod or Fresh Fruit Milk
5	6	7	8	9
WG Chicken Filet 320 Cal, 12g Fat, 35g Carb, 480mg Sod WG Hamburger Roll 130 Cal, 1.5g Fat, 24g Carb, 250mg Sod 1/2 C Romaine & Tomato Cup 7.7 Cal, 0g Fat, 1.7g Carb, 0mg Sod 1/2 C Carrot Coins 27 Cal, 0g Fat, 5.3g Carb, 38mg Sod 1/2 C Applesauce 50 Cal, 0g Fat, 13g Carb, 10mg Sod or Fresh Fruit Milk	Early Release No Lunch Served	2 WG French Toast 240 Cal, 7g Fat, 38g Carb, 260mg Sod 1 Chicken Sausage Patty 80 Cal, 6g Fat, 0g Carb, 270mg Sod 1 oz Syrup Cup 80 Cal, 0g Fat, 20g Carb, 0mg Sod 1 Hashbrown Patty 130 Cal, 8g Fat, 14g Carb, 250mg Sod 1/2 C Diced Pears 60 Cal, 0g Fat, 16g Carb, 5mg Sod or Fresh Fruit Milk 2 Ketchup	4 Teriyaki Chicken Dippers 140 Cal, 4.5g Fat, 8g Carb, 360mg Sod 1/2 C Fried Brown Rice 140 Cal, 1.5g Fat, 27g Carb, 220mg Sod 3/4 C Steamed Broccoli 20 Cal, 0g Fat, 3g Carb, 15mg Sod 1 oz Chocolate Elf Grahams 120 Cal, 4g Fat, 20g Carb, 125mg Sod 1/2 C Pineapple Chunks 70 Cal, 0g Fat, 17g Carb, 10mg Sod or Fresh Fruit Milk	1 WG Bosco Cheese Stick 120 Cal, 7g Fat, 26g Carb, 270mg Sod 1/4 C Marinara Sauce 25 Cal, 0g Fat, 5.5g Carb, 85mg Sod 5 Smiley Potatoes 160 Cal, 6g Fat, 25g Carb, 230mg Sod 1/2 C Green Beans 20 Cal, 0g Fat, 4 Carb, 5mg Sod 1/2 C Mandarin Oranges 60 Cal, 0g Fat, 14 Carb, 10mg Sod or Fresh Fruit Milk 2 Ketchup

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



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March 2018

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Monday	Tuesday	Wednesday	Thursday	Friday
12	13	14	15	16
<p>6 WG Chicken Nuggets 288 Cal, 14.4g Fat, 19.2g Carb, 516mg Sod</p> <p>5 Sweet Potato Puffs 65 Cal, 1.8g Fat, 11.5g Carb, 130mg Sod</p> <p>1/2 C Baked Beans 130 Cal, 0g Fat, 26g Carb, 140mg Sod</p> <p>1/2 C Sliced Peaches 50 Cal, 0g Fat, 12g Carb, 5mg Sod</p> <p>or Fresh Fruit</p> <p>Milk</p> <p>2 Ketchup</p>	<p>4 Meatballs w/Gravy 120 Cal, 8g Fat, 1.6g Carb, 168mg Sod</p> <p>40 Cal, 2.5g Fat, 4g Carb, 240mg Sod</p> <p>1/2 C Mashed Potato 60 Cal, .75g Fat, 13g Carb, 233mg Sod</p> <p>1 WG Dinner Roll 70 Cal, 1g Fat, 13g Carb, 120mg Sod</p> <p>3/4 C Carrot Coins 41 Cal, 0g Fat, 8g Carb, 56mg Sod</p> <p>1/2 C Pineapple Chunks 70 Cal, 0g Fat, 17g Carb, 5mg</p> <p>or Fresh Fruit</p> <p>Milk</p>	<p>2 2/3 C WG Mac & Cheese 280 Cal, 11g Fat, 29g Carb, 670mg Sod</p> <p>1 WG Knot Roll 70 Cal, 0.5g Fat, 14g Carb, 130mg Sod</p> <p>1/2 C Green Beans 20 Cal, 0g Fat, 4g Carb, 5mg Sod</p> <p>1/2 C Fruit Cocktail 60 Cal, 0g Fat, 14g Carb, 20mg Sod</p> <p>or Fresh Fruit</p> <p>Milk</p>	<p>3 Chicken Tenders 210 Cal, 13g Fat, 13g Carb, 510mg Sod</p> <p>WG Dinner Roll 70 Cal, 1g Fat, 13g Carb, 120mg Sod</p> <p>.5 oz Cape Cod Potato Chips 70 Cal, 3g Fat, 9g Carb, 55mg Sod</p> <p>3/4 C Fresh Pepper Slices w/Ranch 84 Cal, 6g Fat, 8g Carb, 125mg Sod</p> <p>1/2 C Mandarin Oranges 60 Cal, 0g Fat, 14g Carb, 10mg Sod</p> <p>or Fresh Fruit</p> <p>Milk</p> <p>2 Ketchup</p>	<p>WG Garlic French Bread Pizza 330 Cal, 15g Fat, 30g Carb, 600mg Sod</p> <p>1/4 C Marinara 25 Cal, 0g Fat, 5.5g Carb, 85mg Sod</p> <p>3/4 C Broccoli w/Ranch 90 Cal, 6g Fat, 8g Carb, 140mg Sod</p> <p>1/2 C Applesauce 50 Cal, 0g Fat, 13g Carb, 10mg Sod</p> <p>or Fresh Fruit</p> <p>Milk</p>
19	20	21	22	23
<p>Personal Pan Pizza 320 Cal, 12g Fat, 35g Carb, 480mg Sod</p> <p>1/2 C Romaine Salad w/Tomato, Cucumbers & LF Italian 3 Cal, 0g Fat, 0.6g Carb, 13mg Sod</p> <p>1/2 C Broccoli w/Ranch 83 Cal, 6g Fat, 7g Carb, 135mg Sod</p> <p>1/2 C Applesauce 50 Cal, 0g Fat, 13g Carb, 10mg Sod</p> <p>or Fresh Fruit</p> <p>Milk</p>	<p>6 WG Turkey Corn Dogs 227 Cal, 8g Fat, 28g Carb, 560mg Sod</p> <p>5 Sweet Potato Puffs 65 Cal, 1.8g Fat, 11.5g Carb, 130mg Sod</p> <p>1/2 C Baked Beans 130 Cal, 0g Fat, 26g Carb, 140mg Sod</p> <p>1/2 C Mandarin Oranges 60 Cal, 0g Fat, 14g Carb, 10mg Sod</p> <p>or Fresh Fruit</p> <p>Milk</p> <p>4 Ketchup</p>	<p>12 pc WG Popcorn Chicken Bowl 210 Cal, 12g Fat, 12g Carb, 350mg Sod</p> <p>1/2 C Mashed Potato 60 Cal, 0.8g Fat, 13g Carb, 233mg Sod</p> <p>3/4 C Mixed Vegetables 65 Cal, 0g Fat, 10.2 Carb, 17mg Sod</p> <p>3/4 C Diced Pears 90 Cal, 0g Fat, 24 Carb, 8mg Sod</p> <p>or Fresh Fruit</p> <p>Milk</p> <p>3 Ketchup</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, 0mg Sod</p> <p>1 Chicken Sausage Patty 80 Cal, 6g Fat, 0g Carb, 270mg Sod</p> <p>4.4 oz Cherry Sidekick 100 Cal, 0g Fat, 25g Carb, 25mg Sod</p> <p>1 bag Fresh 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</p> <p>Milk</p>	<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>5 Smiley Potatoes 160 Cal, 6g Fat, 25g Carb, 230mg Sod</p> <p>1/2 C Pineapple Chunks 70 Cal, 0g Fat, 17g Carb, 5mg Sod</p> <p>or Fresh Fruit</p> <p>Milk</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
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