

St. Gabriel Lunch Menu

January 2018

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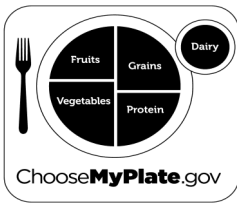
“This institution is an equal opportunity provider”

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<p>Happy New Year!</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 & 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>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>Chicken (2 oz) Taco Bowl with 1/2 C Black Beans & 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 & 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>3/4 C Diced Pears 90 Cal, 0g Fat, 24g Carb, 8mg Sod</p> <p>or Fresh Fruit Milk</p>	<p>WG Grilled Cheese 340 Cal, 17g Fat, 34g Carb, 480mg Sod</p> <p>1/2 C Tomato Soup 60 Cal, 1.5g Fat, 10.5g Carb, 40mg Sod</p> <p>.75 oz WG Goldfish Crackers 100 Cal, 3.5g Fat, 14g Carb, 170mg Sod</p> <p>1 pk Baby Carrots 16 Cal, 0g Fat, 3.7g Carb, 35mg Sod</p> <p>1/2 C Mandarin Oranges 60 Cal, 0g Fat, 14g Carb, 10mg Sod</p> <p>or Fresh Fruit Milk</p>
8	9	10	11	12
<p>WG Stuffed Crust Pizza 360 Cal, 14g Fat, 42g Carb, 730mg Sod</p> <p>1/2 C Carrot Coins 27 Cal, 0g Fat, 5.3g Carb, 38mg 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 C Fruit Cocktail 120 Cal, 0g Fat, 28g Carb, 20mg Sod</p> <p>or Fresh Fruit Milk</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 & 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>2 WG French Toast 170 Cal, 6g Fat, 24g Carb, 200mg Sod</p> <p>1 Chicken Sausage Patty 80 Cal, 6g Fat, 0g Carb, 270mg Sod</p> <p>1 oz Syrup Cup 80 Cal, 0g Fat, 20g Carb, 0mg Sod</p> <p>1 Hashbrown Patty 130 Cal, 8g Fat, 14g Carb, 250mg Sod</p> <p>1/2 C Diced Pears 60 Cal, 0g Fat, 16g Carb, 5mg Sod</p> <p>or Fresh Fruit Milk</p> <p>2 Ketchup</p>	<p>4 Teriyaki Chicken Dippers 140 Cal, 4.5g Fat, 8g Carb, 360mg Sod</p> <p>1/2 C Fried Brown Rice 210 Cal, 6g Fat, 33g Carb, 340mg 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>1 WG Bosco Cheese Stick 120 Cal, 7g Fat, 26g Carb, 270mg Sod</p> <p>1/4 C Marinara Sauce 25 Cal, 0g Fat, 5.5g Carb, 85mg Sod</p> <p>5 Smiley Potatoes 160 Cal, 6g Fat, 25g Carb, 230mg Sod</p> <p>1/2 C Green Beans 20 Cal, 0g Fat, 4 Carb, 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>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



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Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">15</p> <p style="text-align: center;">Martin Luther King, Jr. Day</p>	<p style="text-align: right;">16</p> <p>4 Meatballs w/Gravy 120 Cal, 8g Fat, 1.6g Carb, 168mg Sod 40 Cal, 2.5g Fat, 4g Carb, 240mg Sod 1/2 C Mashed Potato 60 Cal, .75g Fat, 13g Carb, 233mg Sod 1 WG Dinner Roll 70 Cal, 1g Fat, 13g Carb, 120mg Sod 3/4 C Carrot Coins 41 Cal, 0g Fat, 8g Carb, 56mg Sod 1/2 C Pineapple Chunks 70 Cal, 0g Fat, 17g Carb, 5mg or Fresh Fruit Milk</p>	<p style="text-align: right;">17</p> <p>2/3 C WG Mac & Cheese 280 Cal, 11g Fat, 29g Carb, 670mg Sod 1 WG Knot Roll 70 Cal, 0.5g Fat, 14g Carb, 130mg 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 style="text-align: right;">18</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, 55mg 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 style="text-align: right;">19</p> <p>WG Garlic French Bread Pizza 330 Cal, 15g Fat, 30g Carb, 600mg Sod 1/4 C Marinara 25 Cal, 0g Fat, 5.5g Carb, 85mg Sod 3/4 C Broccoli w/Ranch 90 Cal, 6g Fat, 8g Carb, 140mg Sod 1/2 C Applesauce 50 Cal, 0g Fat, 13g Carb, 10mg Sod or Fresh Fruit Milk</p>
<p style="text-align: right;">22</p> <p>Personal Pan Pizza 320 Cal, 12g Fat, 35g Carb, 480mg Sod 1/2 C Romaine Salad w/Tomato, Cucumbers & 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 style="text-align: right;">23</p> <p>6 WG Turkey Corn Dogs 227 Cal, 8g Fat, 28g Carb, 560mg Sod 5 Sweet Potato Puffs 65 Cal, 1.8g Fat, 11.5g Carb, 130mg Sod 1/2 C Baked Beans 130 Cal, 0g Fat, 26g Carb, 140mg Sod 1/2 C Mandarin Oranges 60 Cal, 0g Fat, 14g Carb, 10mg Sod or Fresh Fruit Milk 4 Ketchup</p>	<p style="text-align: right;">24</p> <p>12 pc WG Popcorn Chicken Bowl 210 Cal, 12g Fat, 12g Carb, 350mg Sod 1/2 C Mashed Potato 60 Cal, 0.8g Fat, 13g Carb, 233mg Sod 3/4 C Mixed Vegetables 65 Cal, 0g Fat, 10.2 Carb, 17mg Sod 3/4 C Diced Pears 90 Cal, 0g Fat, 24 Carb, 8mg Sod or Fresh Fruit Milk 3 Ketchup</p>	<p style="text-align: right;">25</p> <p>2 WG French Toast Sticks 170 Cal, 6g Fat, 24g Carb, 200mg Sod 1 oz Syrup Cup 80 Cal, 0g Fat, 20g Carb, 0mg Sod 1 Chicken Sausage Patty 80 Cal, 6g Fat, 0g Carb, 270mg Sod 4.4 oz Cherry Sidekick 100 Cal, 0g Fat, 25g Carb, 25mg Sod 1 bag Fresh Baby Carrots 16 Cal, 0g Fat, 3.7g Carb, 35mg Sod 1/2 C Sliced Peaches 50 Cal, 0g Fat, 12g Carb, 5mg Sod or Fresh Fruit Milk</p>	<p style="text-align: right;">26</p> <p>4 WG Mozzarella Sticks 296 Cal, 14.4g Fat, 28g Carb, 328mg Sod 1/2 C Marinara 50 Cal, 0g Fat, 11g Carb, 170mg Sod 5 Smiley Potatoes 160 Cal, 6g Fat, 25g Carb, 230mg Sod 1/2 C Pineapple Chunks 70 Cal, 0g Fat, 17g Carb, 5mg Sod or Fresh Fruit Milk</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>