

St. Gabriel Lunch Menu

August/September 2017

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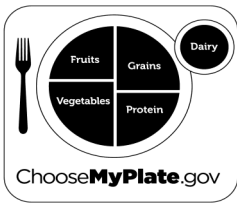
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Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31	1
Welcome Back!	<p>4 Meatballs with 1 oz Sweet & Sour Sauce 185 Cal, 9g Fat, 15g Carb, 410mg Sod</p> <p>1/2 C Brown Rice 86 Cal, 1g Fat, 18g Carb, 0mg Sod</p> <p>1 WG Dinner Roll 70 Cal, 1g Fat, 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>Lasagna Roll Up w/ 1/2 oz Mozzarella Cheese 284 Cal, 9g Fat, 30g Carb, 495mg Sod</p> <p>1/4 C Marinara Sauce 25 Cal, 0g Fat, 5.5g Carb, 85mg 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>
4	5	6	7	8
Labor Day	<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 180 Cal, 5g Fat, 29g Carb, 193mg 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 Mozzarella Sticks 296 Cal, 14.4g Fat, 28g Carb, 328mg 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
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
11 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	12 Early Release No Lunch Served	13 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	14 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	15 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
18 WG Stuffed Crust Pizza 360 Cal, 14g Fat, 42g Carb, 730mg Sod 1/2 C Carrot Coins 27 Cal, 0g Fat, 5.3g Carb, 38mg Sod 1/2 C Romaine Salad w/Tomato, Cucumbers, LF Italian 3 Cal, 0g Fat, 0.6g Carb, 13mg Sod 1 C Fruit Cocktail 120 Cal, 0g Fat, 28g Carb, 20mg Sod or Fresh Fruit Milk	19 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 Baked Beans 130 Cal, 0g Fat, 26g Carb, 140mg Sod 1/2 C Shred Romaine & Tomato 8 Cal, 0g Fat, 1.7g Carb, 0mg Sod 1 pk 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 2 Ketchup	20 3 WG Waffle Sticks 173 Cal, 5.3g Fat, 28g Carb, 248mg 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	21 4 Teriyaki Chicken Dippers 140 Cal, 4.5g Fat, 8g Carb, 360mg Sod 1/2 C Fried Brown Rice 210 Cal, 6g Fat, 33g Carb, 340mg 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	22 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