

St. Gabriel Lunch Menu

October 2017

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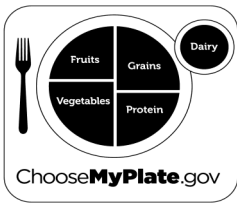
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Monday	Tuesday	Wednesday	Thursday	Friday
9	10	11	12	13
Columbus Day No School	1 Tater Chip Chicken Filet <i>240 Cal, 14g Fat, 18g Carb, 640mg Sod</i> WG Hamburger Roll <i>130 Cal, 1.5g Fat, 24g Carb, 250mg Sod</i> 1/2 C Shred Romaine & Tomato <i>8 Cal, 0g Fat, 1.7g Carb, 0mg Sod</i> 1/4 C Corn <i>36 Cal, 0.2g Fat, 7.2g Carb, 0mg Sod</i> 1/2 C Diced Peaches <i>50 Cal, 0g Fat, 12g Carb, 5mg Sod</i> or Fresh Fruit Milk	8 WG Pizza Bites <i>248 Cal, 5.6g Fat, 40g Carb, 680mg Sod</i> 5 Sweet Potato Puffs <i>65 Cal, 1.8g Fat, 11.5g Carb, 130mg Sod</i> 3/4 C Fresh Broccoli w/Ranch <i>90 Cal, 6g Fat, 8g Carb, 140mg Sod</i> 1/2 C Pineapple Chunks <i>70 Cal, 0g Fat, 17g Carb, 10mg Sod</i> or Fresh Fruit Milk	Chicken (2 oz) Taco Bowl with 1/2 C Black Beans & 1/2 oz Cheddar <i>250 Cal, 9.5g Fat, 18g Carb, 698mg Sod</i> 1/4 C Brown Rice <i>43 Cal, 0.5g Fat, 9g Carb, 0mg Sod</i> 1 C Shred Romaine & Tomato <i>12 Cal, 0g Fat, 2.7g Carb, 0mg Sod</i> .88 oz WG RF Tostito Rounds <i>120 Cal, 4.5g Fat, 18g Carb, 105mg Sod</i> 3/4 C Diced Pears <i>90 Cal, 0g Fat, 24g Carb, 8mg Sod</i> or Fresh Fruit Milk	WG Grilled Cheese <i>340 Cal, 17g Fat, 34g Carb, 480mg Sod</i> 1/2 C Tomato Soup <i>60 Cal, 1.5g Fat, 10.5g Carb, 40mg Sod</i> .75 oz WG Goldfish Crackers <i>100 Cal, 3.5g Fat, 14g Carb, 170mg Sod</i> 1 pk Baby Carrots <i>16 Cal, 0g Fat, 3.7g Carb, 35mg Sod</i> 1/2 C Mandarin Oranges <i>60 Cal, 0g Fat, 14g Carb, 10mg Sod</i> or Fresh Fruit Milk
16	17	18	19	20
WG Stuffed Crust Pizza <i>360 Cal, 14g Fat, 42g Carb, 730mg Sod</i> 1/2 C Carrot Coins <i>27 Cal, 0g Fat, 5.3g Carb, 38mg Sod</i> 1/2 C Romaine Salad w/Tomato, Cucumbers, LF Italian <i>3 Cal, 0g Fat, 0.6g Carb, 13mg Sod</i> 1 C Fruit Cocktail <i>120 Cal, 0g Fat, 28g Carb, 20mg Sod</i> or Fresh Fruit Milk	Hamburger Patty <i>130 Cal, 8g Fat, 1g Carb, 85mg Sod</i> WG Hamburger Roll <i>130 Cal, 1.5g Fat, 24g Carb, 250mg Sod</i> 1/2 C Baked Beans <i>130 Cal, 0g Fat, 26g Carb, 140mg Sod</i> 1/2 C Shred Romaine & Tomato <i>8 Cal, 0g Fat, 1.7g Carb, 0mg Sod</i> 1 pk Baby Carrots <i>16 Cal, 0g Fat, 3.7g Carb, 35mg Sod</i> 1/2 C Diced Peaches <i>50 Cal, 0g Fat, 12g Carb, 5mg Sod</i> or Fresh Fruit Milk 2 Ketchup	3 WG Waffle Sticks <i>173 Cal, 5.3g Fat, 28g Carb, 248mg Sod</i> 1 Chicken Sausage Patty <i>80 Cal, 6g Fat, 0g Carb, 270mg Sod</i> 1 oz Syrup Cup <i>80 Cal, 0g Fat, 20g Carb, 0mg Sod</i> 1 Hashbrown Patty <i>130 Cal, 8g Fat, 14g Carb, 250mg Sod</i> 1/2 C Diced Pears <i>60 Cal, 0g Fat, 16g Carb, 5mg Sod</i> or Fresh Fruit Milk 2 Ketchup	4 Teriyaki Chicken Dippers <i>140 Cal, 4.5g Fat, 8g Carb, 360mg Sod</i> 1/2 C Fried Brown Rice <i>210 Cal, 6g Fat, 33g Carb, 340mg Sod</i> 3/4 C Steamed Broccoli <i>20 Cal, 0g Fat, 3g Carb, 15mg Sod</i> 1 oz Chocolate Elf Grahams <i>120 Cal, 4g Fat, 20g Carb, 125mg Sod</i> 1/2 C Pineapple Chunks <i>70 Cal, 0g Fat, 17g Carb, 10mg Sod</i> or Fresh Fruit Milk	1 WG Bosco Cheese Stick <i>120 Cal, 7g Fat, 26g Carb, 270mg Sod</i> 1/4 C Marinara Sauce <i>25 Cal, 0g Fat, 5.5g Carb, 85mg Sod</i> 5 Smiley Potatoes <i>160 Cal, 6g Fat, 25g Carb, 230mg Sod</i> 1/2 C Green Beans <i>20 Cal, 0g Fat, 4 Carb, 5mg Sod</i> 1/2 C Mandarin Oranges <i>60 Cal, 0g Fat, 14 Carb, 10mg Sod</i> or Fresh Fruit Milk 2 Ketchup

1 PC Ketchup
10 Cal, 0g Fat, 3g Carb, 25 mg Sod *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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September/October 2017

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Monday	Tuesday	Wednesday	Thursday	Friday
25	26	27	28	29
No School	4 Meatballs with 1 oz Sweet & Sour Sauce <i>185 Cal, 9g Fat, 15g Carb, 410mg Sod</i> 1/2 C Brown Rice <i>86 Cal, 1g Fat, 18g Carb, 0mg Sod</i> 1 WG Dinner Roll <i>70 Cal, 1g Fat, 13g Carb, 120mg Sod</i> 3/4 C Carrot Coins <i>41 Cal, 0g Fat, 8g Carb, 56mg Sod</i> 1/2 C Pineapple Chunks <i>70 Cal, 0g Fat, 17g Carb, 5mg</i> or Fresh Fruit Milk	2/3 C WG Mac & Cheese <i>280 Cal, 11g Fat, 29g Carb, 670mg Sod</i> 1 WG Knot Roll <i>70 Cal, 0.5g Fat, 14g Carb, 130mg Sod</i> 1/2 C Green Beans <i>20 Cal, 0g Fat, 4g Carb, 5mg Sod</i> 1/2 C Fruit Cocktail <i>60 Cal, 0g Fat, 14g Carb, 20mg Sod</i> or Fresh Fruit Milk	3 Chicken Tenders <i>210 Cal, 13g Fat, 13g Carb, 510mg Sod</i> WG Dinner Roll <i>70 Cal, 1g Fat, 13g Carb, 120mg Sod</i> .5 oz Cape Cod Potato Chips <i>70 Cal, 3g Fat, 9g Carb, 55mg Sod</i> 3/4 C Fresh Pepper Slices w/Ranch <i>84 Cal, 6g Fat, 8g Carb, 125mg Sod</i> 1/2 C Mandarin Oranges <i>60 Cal, 0g Fat, 14g Carb, 10mg Sod</i> or Fresh Fruit Milk 2 Ketchup	WG Garlic French Bread Pizza <i>330 Cal, 15g Fat, 30g Carb, 600mg Sod</i> 1/4 C Marinara <i>25 Cal, 0g Fat, 5.5g Carb, 85mg Sod</i> 3/4 C Broccoli w/Ranch <i>90 Cal, 6g Fat, 8g Carb, 140mg Sod</i> 1/2 C Applesauce <i>50 Cal, 0g Fat, 13g Carb, 10mg Sod</i> or Fresh Fruit Milk
2	3	4	5	6
Personal Pan Pizza <i>320 Cal, 12g Fat, 35g Carb, 480mg Sod</i> 1/2 C Romaine Salad w/Tomato, Cucumbers & LF Italian <i>3 Cal, 0g Fat, 0.6g Carb, 13mg Sod</i> 1/2 C Broccoli w/Ranch <i>83 Cal, 6g Fat, 7g Carb, 135mg Sod</i> 1/2 C Applesauce <i>50 Cal, 0g Fat, 13g Carb, 10mg Sod</i> or Fresh Fruit Milk	Early Release No Lunch Served	No School	2 WG French Toast Sticks <i>170 Cal, 6g Fat, 24g Carb, 200mg Sod</i> 1 oz Syrup Cup <i>80 Cal, 0g Fat, 20g Carb, 0mg Sod</i> 1 Chicken Sausage Patty <i>80 Cal, 6g Fat, 0g Carb, 270mg Sod</i> 4.4 oz Cherry Sidekick <i>100 Cal, 0g Fat, 25g Carb, 25mg Sod</i> 1 bag Fresh Baby Carrots <i>16 Cal, 0g Fat, 3.7g Carb, 35mg Sod</i> 1/2 C Sliced Peaches <i>50 Cal, 0g Fat, 12g Carb, 5mg Sod</i> or Fresh Fruit Milk	4 WG Mozzarella Sticks <i>296 Cal, 14.4g Fat, 28g Carb, 328mg Sod</i> 1/2 C Marinara <i>50 Cal, 0g Fat, 11g Carb, 170mg Sod</i> 5 Smiley Potatoes <i>160 Cal, 6g Fat, 25g Carb, 230mg Sod</i> 1/2 C Pineapple Chunks <i>70 Cal, 0g Fat, 17g Carb, 5mg Sod</i> or Fresh Fruit Milk

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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