

\*Menu subject to change

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

# St. Gabriel School Lunch Menu



## September 2019

“This institution is an equal opportunity provider”

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<p><i>Labor Day No School</i></p>	<p><b>WG French Bread Pizza</b> 340 Cal, 15g Fat, 35g Carb, 500mg Sod</p> <p><b>WG Cheez-It</b> 100 Cal, 3.5g Fat, 14g Carb, 150mg Sod</p> <p><b>3/4 C Pepper Strips</b> 13.5 Cal, 0g Fat, 3g Carb, 0mg Sod</p> <p><b>1/2 C Fruit Cocktail</b> 60 Cal, 0g Fat, 16g Carb, 0mg Sod</p> <p><b>or Choice of Fresh Fruit</b> Milk</p>	<p><b>*2 WG French Toast Sticks</b> 240 Cal, 7g Fat, 38g Carb, 260mg Sod</p> <p><b>1 oz. Syrup Cup</b> 80 Cal, 0g Fat, 20g Carb, 10mg Sod</p> <p><b>1 Chicken Sausage Patty</b> 80 Cal, 6g Fat, 0g Carb, 270mg Sod</p> <p><b>1 Sunbelievable Sidekick</b> 110 Cal, 0g Fat, 2g Carb, 25mg Sod</p> <p><b>1 Bag Baby Carrots</b> 15 Cal, 0g Fat, 4g Carb, 35mg Sod</p> <p><b>1/2 C Sliced Peaches</b> 50 Cal, 0g Fat, 12g Carb, 10mg Sod</p> <p><b>or Choice of Fresh Fruit</b> Milk</p>	<p><b>Chicken Taco Bowl</b> <b>1.5 oz. Chicken Taco Meat</b> 75 Cal, 3.4g Fat, 1.5g Carb, 157.5mg Sod</p> <p><b>1 TBSP Shredded Cheddar Cheese</b> 27 Cal, 2.25g Fat, .5g Carb, 45mg Sod</p> <p><b>1/2 C Shredded Romaine &amp; Tomato</b> 7.7 Cal, 0g Fat, 1.7g Carb, 0mg Sod</p> <p><b>1/2 C Black Beans</b> 90 Cal, 0g Fat, 16g Carb, 140mg Sod</p> <p><b>1/4 C White Rice</b> 42.5 Cal, 0g Fat, 9g Carb, 0mg Sod</p> <p><b>WG RF Tostito Rounds</b> 120 Cal, 4.5g Fat, 18g Carb, 105mg Sod</p> <p><b>1/2 C Mandarin Oranges</b> 80 Cal, 0g Fat, 18g Carb, 10mg Sod</p> <p><b>or Choice of Fresh Fruit</b> Milk</p>	<p><b>Cheeseburger</b> <b>Hamburger Patty</b> 130 Cal, 8g Fat, 1g Carb, 85mg Sod</p> <p><b>WG Hamburger Roll</b> 130 Cal, 1.5g Fat, 24g Carb, 250mg Sod</p> <p><b>1 Slice Low Fat American Cheese</b> 35 Cal, 2g Fat, 1g Carb, 105mg Sod</p> <p><b>1/2 C Shredded Romaine &amp; Tomato</b> 7.7 Cal, 0g Fat, 1.7g Carb, 0mg Sod</p> <p><b>7 Spudsters</b> 170 Cal, 8g Fat, 23g Carb, 430mg Sod</p> <p><b>1/2 C Sliced Peaches</b> 50 Cal, 0g Fat, 12g Carb, 10mg Sod</p> <p><b>or Choice of Fresh Fruit</b> Milk</p> <p><b>2 Ketchup</b></p>
9	10	11	12	13
<p><b>WG Personal Pan Pizza</b> 320 Cal, 12g Fat, 35g Carb, 480mg Sod</p> <p><b>WG Cheddar Goldfish</b> 100 Cal, 4g Fat, 14g Carb, 170mg Sod</p> <p><b>1 C Romaine, Tomato, Cucumber Salad w/Low Fat Italian Dressing</b> 6 Cal, .1g Fat, 1.2g Carb, 26mg Sod</p> <p><b>1/2 C Mandarin Oranges</b> 80 Cal, 0g Fat, 18g Carb, 10mg Sod</p> <p><b>or Choice of Fresh Fruit</b> Milk</p>	<p><b>*6 Chicken Breast Nuggets</b> 300 Cal, 15g Fat, 19g Carb, 550mg Sod</p> <p><b>*1 oz. Honey Wheat Roll</b> 65 Cal, 1g Fat, 13g Carb, 120mg Sod</p> <p><b>1/2 C Mashed Potato</b> 68 Cal, .78g Fat, 14g Carb, 25mg Sod</p> <p><b>1/2 C Steamed Broccoli</b> 13 Cal, 0g Fat, 2g Carb, 10mg Sod</p> <p><b>1/2 C Pineapple Chunks</b> 60 Cal, 0g Fat, 16g Carb, 0mg Sod</p> <p><b>or Choice of Fresh Fruit</b> Milk</p> <p><b>2 Ketchup</b></p>	<p><b>2 WG Breaded Chicken Bkfst. Slider</b> 240 Cal, 12.4g Fat, 10g Carb, 362mg Sod</p> <p><b>2 WG Slider Swirl Roll</b> 200 Cal, 5g Fat, 34g Carb, 200mg Sod</p> <p><b>1/2 C Shredded Romaine &amp; Tomato</b> 7.7 Cal, 0g Fat, 1.7g Carb, 0mg Sod</p> <p><b>1/2 C Mashed Potato</b> 68 Cal, .78g Fat, 14g Carb, 25mg Sod</p> <p><b>1/2 C Applesauce</b> 50 Cal, 0g Fat, 12g Carb, 10mg Sod</p> <p><b>or Choice of Fresh Fruit</b> Milk</p> <p><b>2 Ketchup</b></p>	<p><b>Hot Dog (Beef/Chicken/Pork)</b> 120 Cal, 8g Fat, 4g Carb, 560mg Sod</p> <p><b>WG Hot Dog Bun</b> 130 Cal, 1.5g Fat, 26g Carb, 230mg Sod</p> <p><b>4 Spudsters</b> 90 Cal, 4g Fat, 12g Carb, 210mg Sod</p> <p><b>1/2 C Baked Beans</b> 130 Cal, 0g Fat, 26g Carb, 140mg Sod</p> <p><b>1/2 C Diced Pears</b> 60 Cal, 0g Fat, 16g Carb, 5mg Sod</p> <p><b>or Choice of Fresh Fruit</b> Milk</p> <p><b>2 Ketchup</b></p>	<p><b>WG Breaded Chicken Patty</b> 210 Cal, 14g Fat, 12g Carb, 340mg Sod</p> <p><b>WG Hamburger Roll</b> 130 Cal, 1.5g Fat, 24g Carb, 250mg Sod</p> <p><b>1/2 C Shredded Romaine &amp; Tomato</b> 7.7 Cal, 0g Fat, 1.7g Carb, 0mg Sod</p> <p><b>1/2 C Sweet Potato Crinkle Cut Fries</b> 120 Cal, 4.5g Fat, 17g Carb, 180mg Sod</p> <p><b>1/2 C Applesauce</b> 50 Cal, 0g Fat, 12g Carb, 10mg Sod</p> <p><b>or Choice of Fresh Fruit</b> Milk</p> <p><b>2 Ketchup</b></p>

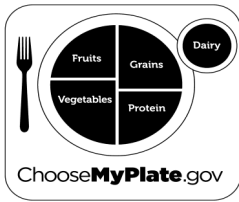
**\*Red=Contains Egg**

**\*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



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Monday	Tuesday	Wednesday	Thursday	Friday
16  4 WG Cheese Bites 280 Cal, 12g Fat, 28g Carb, 540mg Sod 1/2 C Marinara 50 Cal, 0g Fat, 11g Carb, 170mg Sod 4 Smile Potatoes 128 Cal, 4.8g Fat, 20g Carb, 184mg Sod 1/2 C Pineapple Chunks 60 Cal, 0g Fat, 16g Carb, 0mg Sod or Choice of Fresh Fruit Milk	17  <b>Popcorn Chicken Bowl</b> 12 WG Popcorn Chicken 210 Cal, 12g Fat, 12g Carb, 350mg Sod 1/2 C Mashed Potato 68 Cal, .78g Fat, 14g Carb, 25mg Sod 1/2 C Mixed Vegetables 42.75 Cal, 0g Fat, 6.75g Carb, 11.25mg Sod <b>*1 oz. Honey Wheat Roll</b> 65 Cal, 1g Fat, 13g Carb, 120mg Sod 1/2 C Diced Pears 60 Cal, 0g Fat, 16g Carb, 5mg Sod or Choice of Fresh Fruit Milk 2 Ketchup	18  <b>*6 WG Turkey Corn Dogs</b> 290 Cal, 14g Fat, 30g Carb, 380mg Sod Hash Brown 130 Cal, 8g Fat, 14g Carb, 250mg Sod 1 Bag Baby Carrots 16 Cal, 0g Fat, 4g Carb, 35mg Sod 1/2 C Fruit Cocktail 60 Cal, 0g Fat, 16g Carb, 0mg Sod or Choice of Fresh Fruit Milk 3 Ketchup	19  WG Multi Garlic French Bread Pizza 320 Cal, 15g Fat, 30g Carb, 580mg Sod 1/2 C Marinara 50 Cal, 0g Fat, 11g Carb, 170mg Sod 1/2 C Carrot Coins 27 Cal, 0g Fat, 5.3g Carb, 37.5mg Sod 1/2 C Kidney Bean Salad 110 Cal, 0g Fat, 20g Carb, 140mg Sod 1/2 C Applesauce 50 Cal, 0g Fat, 12g Carb, 10mg Sod or Choice of Fresh Fruit Milk	20  <b>*3 Chicken Tenders</b> 200 Cal, 11g Fat, 12g Carb, 530mg Sod 4 Tater Tots 65 Cal, 3g Fat, 8g Carb, 155mg Sod <b>*1 oz. Honey Wheat Roll</b> 65 Cal, 1g Fat, 13g Carb, 120mg Sod 1/2 C Fresh Cucumber Slices 7 Cal, 0g Fat, 1.5 Carb, 0g Sod 1/2 C Mandarin Oranges 80 Cal, 0g Fat, 18g Carb, 10mg Sod or Choice of Fresh Fruit Milk 2 Ketchup
23  WG Stuffed Crust Pizza 300 Cal, 9g Fat, 38g Carb, 500mg Sod WG Cheddar Goldfish 100 Cal, 4g Fat, 14g Carb, 170mg Sod 1/2 C Carrot Coins 40.5 Cal, 0g Fat, 7.95g Carb, 56.3mg Sod 1/2 C Applesauce 50 Cal, 0g Fat, 12g Carb, 10mg Sod or Choice of Fresh Fruit Milk	24  <i>Early Release No Lunch Served</i>	25  <b>Chicken and Waffle Sandwich</b> <b>*2 WG Maple Chip Mini Waffles</b> 80 Cal, 2.5g Fat, 14g Carb, 95mg Sod 1 WG Breaded Chicken Bkfst. Slider 120 Cal, 6.2g Fat, 5g Carb, 181mg Sod 1/2 C Sweet Potato Fries 160 Cal, 7.5g Fat, 23g Carb, 210mg Sod 1 Bag Baby Carrots 16 Cal, 0g Fat, 4g Carb, 35mg Sod 1/2 C Applesauce 50 Cal, 0g Fat, 13g Carb, 10mg Sod 1 Honey Mustard Cup 80 Cal, 6g Fat, 7g Carb, 125mg Sod or Choice of Fresh Fruit Milk	26  6 WG Chicken Fries 195 Cal, 12g Fat, 12g Carb, 293mg Sod 4 Smile Potatoes 128 Cal, 4.8g Fat, 20g Carb, 184 mg Sod <b>*Cornbread half bowl</b> 95 Cal, 3g Fat, 16.5g Carb, 80mg Sod 1/2 C Fresh Cucumber Slices 7 Cal, 0g Fat, 1.5 Carb, 0g Sod 1/2 C Mandarin Oranges 80 Cal, 0g Fat, 18g Carb, 10mg Sod or Choice of Fresh Fruit Milk	27  5 WG Mozzarella Sticks 390 Cal, 21g Fat, 31g Carb, 380mg Sod 1/2 C Marinara 50 Cal, 0g Fat, 11g Carb, 170mg Sod 4 Tater Tots 65 Cal, 3g Fat, 8g Carb, 155mg Sod 1 Bag Baby Carrots 16 Cal, 0g Fat, 3.74g Carb, 35mg Sod 1/2 C Sliced Peaches 50 Cal, 0g Fat, 12g Carb, 5mg Sod or Choice of Fresh Fruit Milk

**\*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, 130mg Sod  
FF Choc 120 Cal, 0 Fat, 21g Carb, 190mg Sod  
FF Straw 120 Cal, 0 Fat, 21g Carb, 100mg Sod

Paid Lunch \$3.00  
Reduced Lunch \$ .40  
Milk \$ .50 Ice Cream \$ .75