

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

# St. Gabriel Lunch Menu

## March/April 2018

In the event of a snow day the menu from the missed day will be served upon our return, including the alternate.

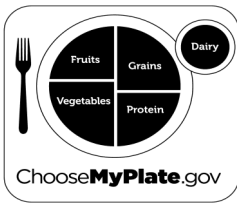
“This institution is an equal opportunity provider”

Monday	Tuesday	Wednesday	Thursday	Friday
26	27	28	29	30
<b>WG French Bread Pizza</b> 290 Cal, 11g Fat, 33g Carb, 600mg Sod <b>3/4 C Fresh Pepper Strips w/Ranch</b> 84 Cal, 6g Fat, 8g Carbs, 125mg Sod <b>.75 oz WG Cheddar Goldfish</b> 100 Cal, 4g Fat, 14g Carb, 170mg Sod <b>1 C Applesauce</b> 100 Cal, 0g Fat, 26g Carb, 20mg Sod <b>or Fresh Fruit</b> <b>Milk</b>	<b>1 Tater Chip Chicken Filet</b> 240 Cal, 14g Fat, 18g Carb, 640mg Sod <b>WG Hamburger Roll</b> 130 Cal, 1.5g Fat, 24g Carb, 250mg Sod <b>1/2 C Shred Romaine &amp; Tomato</b> 8 Cal, 0g Fat, 1.7g Carb, 0mg Sod <b>1/4 C Corn</b> 36 Cal, 0.2g Fat, 7.2g Carb, 0mg Sod <b>1/2 C Sliced Peaches</b> 50 Cal, 0g Fat, 12g Carb, 5mg Sod <b>or Fresh Fruit</b> <b>Milk</b>	<b>8 WG Pizza Bites</b> 248 Cal, 5.6g Fat, 40g Carb, 680mg Sod <b>5 Sweet Potato Puffs</b> 65 Cal, 1.8g Fat, 11.5g Carb, 130mg Sod <b>3/4 C Fresh Broccoli w/Ranch</b> 90 Cal, 6g Fat, 8g Carb, 140mg Sod <b>1/2 C Pineapple Chunks</b> 70 Cal, 0g Fat, 17g Carb, 10mg Sod <b>or Fresh Fruit</b> <b>Milk</b>	<b>Chicken (2 oz) Taco Bowl with 1/2 C Black Beans &amp; 1/2 oz Cheddar</b> 250 Cal, 9.5g Fat, 18g Carb, 698mg Sod <b>1/4 C Brown Rice</b> 43 Cal, 0.5g Fat, 9g Carb, 0mg Sod <b>1 C Shred Romaine &amp; Tomato</b> 12 Cal, 0g Fat, 2.7g Carb, 0mg Sod <b>.88 oz WG RF Tostito Rounds</b> 120 Cal, 4.5g Fat, 18g Carb, 105mg Sod <b>3/4 C Diced Pears</b> 90 Cal, 0g Fat, 24g Carb, 8mg Sod <b>or Fresh Fruit</b> <b>Milk</b>	<b>Good Friday</b> <b>No School</b>
2	3	4	5	6
<b>No School</b> <b>Easter Monday</b>	<b>Hamburger Patty</b> 130 Cal, 8g Fat, 1g Carb, 85mg Sod <b>WG Hamburger Roll</b> 130 Cal, 1.5g Fat, 24g Carb, 250mg Sod <b>1/2 C Baked Beans</b> 130 Cal, 0g Fat, 26g Carb, 140mg Sod <b>1/2 C Shred Romaine &amp; Tomato</b> 8 Cal, 0g Fat, 1.7g Carb, 0mg Sod <b>1 pk Baby Carrots</b> 16 Cal, 0g Fat, 3.7g Carb, 35mg Sod <b>1/2 C Sliced Peaches</b> 50 Cal, 0g Fat, 12g Carb, 5mg Sod <b>or Fresh Fruit</b> <b>Milk</b> <b>2 Ketchup</b>	<b>2 WG French Toast</b> 240 Cal, 7g Fat, 38g Carb, 260mg Sod <b>1 Chicken Sausage Patty</b> 80 Cal, 6g Fat, 0g Carb, 270mg Sod <b>1 oz Syrup Cup</b> 80 Cal, 0g Fat, 20g Carb, 0mg Sod <b>1 Hashbrown Patty</b> 130 Cal, 8g Fat, 14g Carb, 250mg Sod <b>1/2 C Diced Pears</b> 60 Cal, 0g Fat, 16g Carb, 5mg Sod <b>or Fresh Fruit</b> <b>Milk</b> <b>2 Ketchup</b>	<b>4 Teriyaki Chicken Dippers</b> 140 Cal, 4.5g Fat, 8g Carb, 360mg Sod <b>1/2 C Fried Brown Rice</b> 140 Cal, 1.5g Fat, 27g Carb, 220mg Sod <b>3/4 C Steamed Broccoli</b> 20 Cal, 0g Fat, 3g Carb, 15mg Sod <b>1 oz Chocolate Elf Grahams</b> 120 Cal, 4g Fat, 20g Carb, 125mg Sod <b>1/2 C Pineapple Chunks</b> 70 Cal, 0g Fat, 17g Carb, 10mg Sod <b>or Fresh Fruit</b> <b>Milk</b>	<b>1 WG Breaded Chicken Slider</b> 94 Cal, 5g Fat, 6 Carb, 189mg Sod <b>1 WG Slider Swirl Roll</b> 100 Cal, 2.5g Fat, 17 Carb, 100mg Sod <b>5 Smiley Potatoes</b> 160 Cal, 6g Fat, 25g Carb, 230mg Sod <b>1/2 C Shred Romaine &amp; Tomato</b> 8 Cal, 0g Fat, 1.7g Carb, 0mg Sod <b>1/2 C Mandarin Oranges</b> 60 Cal, 0g Fat, 14 Carb, 10mg Sod <b>or Fresh Fruit</b> <b>Milk</b> <b>2 Ketchup</b>

**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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# St. Gabriel Lunch Menu

## April 2018

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Monday	Tuesday	Wednesday	Thursday	Friday
16	17	18	19	20
<b>6 WG Chicken Nuggets</b> 288 Cal, 14.4g Fat, 19.2g Carb, 516mg Sod <b>5 Sweet Potato Puffs</b> 65 Cal, 1.8g Fat, 11.5g Carb, 130mg Sod <b>1/2 C Baked Beans</b> 130 Cal, 0g Fat, 26g Carb, 140mg Sod <b>1/2 C Sliced Peaches</b> 50 Cal, 0g Fat, 12g Carb, 5mg Sod <b>or Fresh Fruit</b> <b>Milk</b> <b>2 Ketchup</b>	<b>1 WG Soft Taco</b> <b>1.5 oz Chicken Taco Meat</b> 150 Cal, 3.38 g Fat, 1.5g Carb, 158mg Sod <b>1 oz Shredded Cheddar</b> 55 Cal, 4.5g Fat, 0g Carb, 90mg Sod <b>6” WG Tortilla</b> 90 Cal, 2g Fat, 15g Carb, 150mg Sod <b>1 oz RF Doritos</b> 130 Cal, 5g Fat, 20g Carb, 200mg Sod <b>1/2 C Green Beans</b> 20 Cal, 0g Fat, 4g Carb, 5mg Sod <b>1/2 C Fruit Cocktail</b> 60 Cal, 0g Fat, 14g Carb, 20mg Sod <b>or Fresh Fruit</b> <b>Milk</b>	<b>4 Meatballs w/Gravy</b> 120 Cal, 8g Fat, 1.6g Carb, 168mg Sod 40 Cal, 2.5g Fat, 4g Carb, 240mg Sod <b>1/2 C Mashed Potato</b> 60 Cal, .75g Fat, 13g Carb, 233mg Sod <b>1 WG Dinner Roll</b> 70 Cal, 1g Fat, 13g Carb, 120mg Sod <b>3/4 C Carrot Coins</b> 41 Cal, 0g Fat, 8g Carb, 56mg Sod <b>1/2 C Pineapple Chunks</b> 70 Cal, 0g Fat, 17g Carb, 5mg <b>or Fresh Fruit</b> <b>Milk</b>	<b>3 Chicken Tenders</b> 210 Cal, 13g Fat, 13g Carb, 510mg Sod <b>WG Dinner Roll</b> 70 Cal, 1g Fat, 13g Carb, 120mg Sod <b>.5 oz Cape Cod Potato Chips</b> 70 Cal, 3g Fat, 9g Carb, 55mg Sod <b>3/4 C Fresh Pepper Slices w/Ranch</b> 84 Cal, 6g Fat, 8g Carb, 125mg Sod <b>1/2 C Mandarin Oranges</b> 60 Cal, 0g Fat, 14g Carb, 10mg Sod <b>or Fresh Fruit</b> <b>Milk</b> <b>2 Ketchup</b>	<b>WG Garlic French Bread Pizza</b> 330 Cal, 15g Fat, 30g Carb, 600mg Sod <b>1/4 C Marinara</b> 25 Cal, 0g Fat, 5.5g Carb, 85mg Sod <b>3/4 C Broccoli w/Ranch</b> 90 Cal, 6g Fat, 8g Carb, 140mg Sod <b>1/2 C Applesauce</b> 50 Cal, 0g Fat, 13g Carb, 10mg Sod <b>or Fresh Fruit</b> <b>Milk</b>
23	24	25	26	27
<b>Personal Pan Pizza</b> 320 Cal, 12g Fat, 35g Carb, 480mg Sod <b>1/2 C Romaine Salad w/Tomato, Cucumbers &amp; LF Italian</b> 3 Cal, 0g Fat, 0.6g Carb, 13mg Sod <b>1/2 C Broccoli w/Ranch</b> 83 Cal, 6g Fat, 7g Carb, 135mg Sod <b>1/2 C Applesauce</b> 50 Cal, 0g Fat, 13g Carb, 10mg Sod <b>or Fresh Fruit</b> <b>Milk</b>	<b>Early Release</b> <b>No Lunch</b>	<b>12 pc WG Popcorn Chicken Bowl</b> 210 Cal, 12g Fat, 12g Carb, 350mg Sod <b>1/2 C Mashed Potato</b> 60 Cal, 0.8g Fat, 13g Carb, 233mg Sod <b>3/4 C Mixed Vegetables</b> 65 Cal, 0g Fat, 10.2 Carb, 17mg Sod <b>3/4 C Diced Pears</b> 90 Cal, 0g Fat, 24 Carb, 8mg Sod <b>or Fresh Fruit</b> <b>Milk</b> <b>3 Ketchup</b>	<b>2 WG French Toast Sticks</b> 240 Cal, 7g Fat, 38g Carb, 260mg Sod <b>1 oz Syrup Cup</b> 80 Cal, 0g Fat, 20g Carb, 0mg Sod <b>1 Chicken Sausage Patty</b> 80 Cal, 6g Fat, 0g Carb, 270mg Sod <b>4.4 oz Cherry Sidekick</b> 100 Cal, 0g Fat, 25g Carb, 25mg Sod <b>1 bag Fresh Baby Carrots</b> 16 Cal, 0g Fat, 3.7g Carb, 35mg Sod <b>1/2 C Sliced Peaches</b> 50 Cal, 0g Fat, 12g Carb, 5mg Sod <b>or Fresh Fruit</b> <b>Milk</b>	<b>4 WG Cheese Bites</b> 280 Cal, 12g Fat, 28g Carb, 540mg Sod <b>1/2 C Marinara</b> 50 Cal, 0g Fat, 11g Carb, 170mg Sod <b>5 Smiley Potatoes</b> 160 Cal, 6g Fat, 25g Carb, 230mg Sod <b>1/2 C Pineapple Chunks</b> 70 Cal, 0g Fat, 17g Carb, 5mg Sod <b>or Fresh Fruit</b> <b>Milk</b>

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