

# St Gabriel Lunch Menu

November 2017

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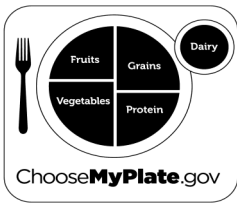
“This institution is an equal opportunity provider”

| Monday   | Tuesday   | Wednesday   | Thursday   | Friday  |
|--|---|---|--|---|
| 6  | 7   | 8   | 9  | 10  |
| <b>WG French Bread Pizza</b><br>290 Cal, 11g Fat, 33g Carb, 600mg Sod<br><b>3/4 C Fresh Pepper Strips w/Ranch</b><br>84 Cal, 6g Fat, 8g Carbs, 125mg Sod<br><b>.75 oz WG Cheddar Goldfish</b><br>100 Cal, 4g Fat, 14g Carb, 170mg Sod<br><b>1 C Applesauce</b><br>100 Cal, 0g Fat, 26g Carb, 20mg Sod<br><b>or Fresh Fruit</b><br><b>Milk</b>              | <b>1 Tater Chip Chicken Filet</b><br>240 Cal, 14g Fat, 18g Carb, 640mg Sod<br><b>WG Hamburger Roll</b><br>130 Cal, 1.5g Fat, 24g Carb, 250mg Sod<br><b>1/2 C Shred Romaine &amp; Tomato</b><br>8 Cal, 0g Fat, 1.7g Carb, 0mg Sod<br><b>1/4 C Corn</b><br>36 Cal, 0.2g Fat, 7.2g Carb, 0mg Sod<br><b>1/2 C Sliced Peaches</b><br>50 Cal, 0g Fat, 12g Carb, 5mg Sod<br><b>or Fresh Fruit</b><br><b>Milk</b>   | <b>8 WG Pizza Bites</b><br>248 Cal, 5.6g Fat, 40g Carb, 680mg Sod<br><b>5 Sweet Potato Puffs</b><br>65 Cal, 1.8g Fat, 11.5g Carb, 130mg Sod<br><b>3/4 C Fresh Broccoli w/Ranch</b><br>90 Cal, 6g Fat, 8g Carb, 140mg Sod<br><b>1/2 C Pineapple Chunks</b><br>70 Cal, 0g Fat, 17g Carb, 10mg Sod<br><b>or Fresh Fruit</b><br><b>Milk</b>   | <b>Chicken (2 oz) Taco Bowl with 1/2 C Black Beans &amp; 1/2 oz Cheddar</b><br>250 Cal, 9.5g Fat, 18g Carb, 698mg Sod<br><b>1/4 C Brown Rice</b><br>43 Cal, 0.5g Fat, 9g Carb, 0mg Sod<br><b>1 C Shred Romaine &amp; Tomato</b><br>12 Cal, 0g Fat, 2.7g Carb, 0mg Sod<br><b>.88 oz WG RF Tostito Rounds</b><br>120 Cal, 4.5g Fat, 18g Carb, 105mg Sod<br><b>3/4 C Diced Pears</b><br>90 Cal, 0g Fat, 24g Carb, 8mg Sod<br><b>or Fresh Fruit</b><br><b>Milk</b> | <b>WG Grilled Cheese</b><br>340 Cal, 17g Fat, 34g Carb, 480mg Sod<br><b>1/2 C Tomato Soup</b><br>60 Cal, 1.5g Fat, 10.5g Carb, 40mg Sod<br><b>.75 oz WG Goldfish Crackers</b><br>100 Cal, 3.5g Fat, 14g Carb, 170mg Sod<br><b>1 pk Baby Carrots</b><br>16 Cal, 0g Fat, 3.7g Carb, 35mg Sod<br><b>1/2 C Mandarin Oranges</b><br>60 Cal, 0g Fat, 14g Carb, 10mg Sod<br><b>or Fresh Fruit</b><br><b>Milk</b>         |
| 13   | 14  | 15  | 16   | 17  |
| <b>WG Stuffed Crust Pizza</b><br>360 Cal, 14g Fat, 42g Carb, 730mg Sod<br><b>1/2 C Carrot Coins</b><br>27 Cal, 0g Fat, 5.3g Carb, 38mg Sod<br><b>1/2 C Romaine Salad w/Tomato, Cucumbers, LF Italian</b><br>3 Cal, 0g Fat, 0.6g Carb, 13mg Sod<br><b>1 C Fruit Cocktail</b><br>120 Cal, 0g Fat, 28g Carb, 20mg Sod<br><b>or Fresh Fruit</b><br><b>Milk</b> | <b>Hamburger Patty</b><br>130 Cal, 8g Fat, 1g Carb, 85mg Sod<br><b>WG Hamburger Roll</b><br>130 Cal, 1.5g Fat, 24g Carb, 250mg Sod<br><b>1/2 C Baked Beans</b><br>130 Cal, 0g Fat, 26g Carb, 140mg Sod<br><b>1/2 C Shred Romaine &amp; Tomato</b><br>8 Cal, 0g Fat, 1.7g Carb, 0mg Sod<br><b>1 pk Baby Carrots</b><br>16 Cal, 0g Fat, 3.7g Carb, 35mg Sod<br><b>1/2 C Sliced Peaches</b><br>50 Cal, 0g Fat, 12g Carb, 5mg Sod<br><b>or Fresh Fruit</b><br><b>Milk</b><br><b>2 Ketchup</b> | <b>2 WG French Toast</b><br>170 Cal, 6g Fat, 24g Carb, 200mg Sod<br><b>1 Chicken Sausage Patty</b><br>80 Cal, 6g Fat, 0g Carb, 270mg Sod<br><b>1 oz Syrup Cup</b><br>80 Cal, 0g Fat, 20g Carb, 0mg Sod<br><b>1 Hashbrown Patty</b><br>130 Cal, 8g Fat, 14g Carb, 250mg Sod<br><b>1/2 C Diced Pears</b><br>60 Cal, 0g Fat, 16g Carb, 5mg Sod<br><b>or Fresh Fruit</b><br><b>Milk</b><br><b>2 Ketchup</b> | <b>4 Teriyaki Chicken Dippers</b><br>140 Cal, 4.5g Fat, 8g Carb, 360mg Sod<br><b>1/2 C Fried Brown Rice</b><br>210 Cal, 6g Fat, 33g Carb, 340mg Sod<br><b>3/4 C Steamed Broccoli</b><br>20 Cal, 0g Fat, 3g Carb, 15mg Sod<br><b>1 oz Chocolate Elf Grahams</b><br>120 Cal, 4g Fat, 20g Carb, 125mg Sod<br><b>1/2 C Pineapple Chunks</b><br>70 Cal, 0g Fat, 17g Carb, 10mg Sod<br><b>or Fresh Fruit</b><br><b>Milk</b>  | <b>1 WG Bosco Cheese Stick</b><br>120 Cal, 7g Fat, 26g Carb, 270mg Sod<br><b>1/4 C Marinara Sauce</b><br>25 Cal, 0g Fat, 5.5g Carb, 85mg Sod<br><b>5 Smiley Potatoes</b><br>160 Cal, 6g Fat, 25g Carb, 230mg Sod<br><b>1/2 C Green Beans</b><br>20 Cal, 0g Fat, 4 Carb, 5mg Sod<br><b>1/2 C Mandarin Oranges</b><br>60 Cal, 0g Fat, 14 Carb, 10mg Sod<br><b>or Fresh Fruit</b><br><b>Milk</b><br><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**



# St. Gabriel Lunch Menu

October 2017

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| Monday  | Tuesday   | Wednesday   | Thursday   | Friday   |
|---|---|---|--|--|
| 23<br><br><b>6 WG Chicken Nuggets</b><br><i>288 Cal, 14.4g Fat, 19.2g Carb, 516mg Sod</i><br><b>5 Sweet Potato Puffs</b><br><i>65 Cal, 1.8g Fat, 11.5g Carb, 130mg Sod</i><br><b>1/2 C Baked Beans</b><br><i>130 Cal, 0g Fat, 26g Carb, 140mg Sod</i><br><b>1/2 C Sliced Peaches</b><br><i>50 Cal, 0g Fat, 12g Carb, 5mg Sod</i><br><b>or Fresh Fruit</b><br><b>Milk</b><br><b>2 Ketchup</b>      | 24<br><br><b>Early Release</b>  | 25<br><br><b>Early Release</b>  | 26<br><br><b>Early Release</b>   | 27<br><br><b>WG Garlic French Bread Pizza</b><br><i>330 Cal, 15g Fat, 30g Carb, 600mg Sod</i><br><b>1/4 C Marinara</b><br><i>25 Cal, 0g Fat, 5.5g Carb, 85mg Sod</i><br><b>3/4 C Broccoli w/Ranch</b><br><i>90 Cal, 6g Fat, 8g Carb, 140mg Sod</i><br><b>1/2 C Applesauce</b><br><i>50 Cal, 0g Fat, 13g Carb, 10mg Sod</i><br><b>or Fresh Fruit</b><br><b>Milk</b> |
| 30<br><br><b>Personal Pan Pizza</b><br><i>320 Cal, 12g Fat, 35g Carb, 480mg Sod</i><br><b>1/2 C Romaine Salad w/Tomato, Cucumbers &amp; LF Italian</b><br><i>3 Cal, 0g Fat, 0.6g Carb, 13mg Sod</i><br><b>1/2 C Broccoli w/Ranch</b><br><i>83 Cal, 6g Fat, 7g Carb, 135mg Sod</i><br><b>1/2 C Applesauce</b><br><i>50 Cal, 0g Fat, 13g Carb, 10mg Sod</i><br><b>or Fresh Fruit</b><br><b>Milk</b> | 31<br><br><b>6 WG Turkey Corn Dogs</b><br><i>227 Cal, 8g Fat, 28g Carb, 560mg Sod</i><br><b>5 Sweet Potato Puffs</b><br><i>65 Cal, 1.8g Fat, 11.5g Carb, 130mg Sod</i><br><b>1/2 C Baked Beans</b><br><i>130 Cal, 0g Fat, 26g Carb, 140mg Sod</i><br><b>1/2 C Mandarin Oranges</b><br><i>60 Cal, 0g Fat, 14g Carb, 10mg Sod</i><br><b>or Fresh Fruit</b><br><b>Milk</b><br><b>4 Ketchup</b> | 1<br><br><b>12 pc WG Popcorn Chicken Bowl</b><br><i>210 Cal, 12g Fat, 12g Carb, 350mg Sod</i><br><b>1/2 C Mashed Potato</b><br><i>60 Cal, 0.8g Fat, 13g Carb, 233mg Sod</i><br><b>3/4 C Mixed Vegetables</b><br><i>65 Cal, 0g Fat, 10.2 Carb, 17mg Sod</i><br><b>3/4 C Diced Pears</b><br><i>90 Cal, 0g Fat, 24 Carb, 8mg Sod</i><br><b>or Fresh Fruit</b><br><b>Milk</b><br><b>3 Ketchup</b> | 2<br><br><b>2 WG French Toast Sticks</b><br><i>170 Cal, 6g Fat, 24g Carb, 200mg Sod</i><br><b>1 oz Syrup Cup</b><br><i>80 Cal, 0g Fat, 20g Carb, 0mg Sod</i><br><b>1 Chicken Sausage Patty</b><br><i>80 Cal, 6g Fat, 0g Carb, 270mg Sod</i><br><b>4.4 oz Cherry Sidekick</b><br><i>100 Cal, 0g Fat, 25g Carb, 25mg Sod</i><br><b>1 bag Fresh Baby Carrots</b><br><i>16 Cal, 0g Fat, 3.7g Carb, 35mg Sod</i><br><b>1/2 C Sliced Peaches</b><br><i>50 Cal, 0g Fat, 12g Carb, 5mg Sod</i><br><b>or Fresh Fruit</b><br><b>Milk</b><br><b>Alt: 1 bag Craisins</b> | 3<br><br><b>4 WG Mozzarella Sticks</b><br><i>296 Cal, 14.4g Fat, 28g Carb, 328mg Sod</i><br><b>1/2 C Marinara</b><br><i>50 Cal, 0g Fat, 11g Carb, 170mg Sod</i><br><b>5 Smiley Potatoes</b><br><i>160 Cal, 6g Fat, 25g Carb, 230mg Sod</i><br><b>1/2 C Pineapple Chunks</b><br><i>70 Cal, 0g Fat, 17g Carb, 5mg Sod</i><br><b>or Fresh Fruit</b><br><b>Milk</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*  
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