



Don't forget  
to eat your  
vegetables

# St. Joseph's

## Lunch

January

2019

Fresh Vegetable Choices and Seasonal Fruit are Offered  
Daily on the Fruit and Vegetable Bar

### MONDAY

All menus meeting Federal Nutritional requirements. Menus are subject to change but will always meet these requirements.

### TUESDAY

No School

### WEDNESDAY

No School

### THURSDAY

Roast Turkey w/Gravy  
WG Dinner Roll  
Hot Mashed Potatoes  
Greens, Carrot Sticks,  
Celery Sticks, Canned  
Pears, Applesauce

### FRIDAY

Homemade Cheese Pizza  
  
A variety of fruits and vegetables are offered daily on our FV Bar

Cheeseburger on a Bun  
Hot Wedged Potatoes  
Greens, Cherry Tomatoes,  
Cauliflower, Fresh Apple,  
Diced

Pasta w/Meat Sauce &  
Garlic Bread  
  
Greens, Baby Carrots,  
Snap Peas, Cubed  
Cantaloupe, Apple Slices

Walking Beef Tacos  
w/Lettuce, Tomato & Salsa  
  
HOT Refried Beans  
Greens, Cucumber Slices,  
Green/Red Pepper Mix,  
Banana, Juice Cups

Macaroni & Cheese  
  
Greens, Radishes, Celery  
Sticks, Fresh Apples,  
Diced Pears

Cheesy Italian Flatbread  
  
A variety of fruits and vegetables are offered daily on our FV Bar

Chicken Nuggets w/BBQ  
Sauce and Dinner Roll  
Hot French Fries

Chicken Parmesan  
Sandwich  
  
Greens, Cucumber, Cherry  
Tomatoes, Fresh  
Pineapple, Diced Pears

Chicken Enchilada Bake  
Salsa  
Refried Beans  
  
Greens, Broccoli, Zucchini,  
Bananas,  
Applesauce

Meatloaf w/Gravy  
Slice of Bread  
  
Hot Mashed Potatoes  
Greens, Green & Red  
Pepper Mix, Celery Sticks,  
Fresh Pears, Peaches

1/2 Day  
  
No Lunch

BBQ Rib on a Bun  
  
Hot Tater Tots  
Greens,, Cherry  
Tomatoes, Cauliflower  
Fresh Apple, Pineapple  
Tidbits

All Beef Hot Dog on a Bun  
  
Greens, Baby Carrots,  
Snap Peas, Fresh  
Honeydew, Diced  
Peaches

**New Item\*\*\***  
Baked Potato w/Taco  
Meat and Cheese and  
Dinner Roll  
HOT Baked Beans  
Greens, Cucumber Slices,  
Green & Red  
Peppers, Fresh Banana, D

**New Item\*\*\*\*\***  
Swedish Meatballs over  
Buttered Egg Noodles and  
Dinner Roll  
  
Greens, Sliced Radishes,  
Celery Sticks, Fresh Pear,  
Applesauce

Tony's Cheese Pizza  
  
A variety of fruits and vegetables are offered daily on our FV Bar

Grilled Cheese w/Tomato  
Soup  
  
Greens, Baby Carrots,  
Peas, Fresh Apple, Diced  
Peaches

Max Sticks w/Marinara  
  
Greens, Cucumber Slices,  
Cherry Tomatoes,  
Cantaloupe, Apple Slices

Chicken Fajitas w/ Flour  
Tortillas and Salsa  
HOT Black Beans  
  
Greens, Fresh Broccoli,  
Julienne Zucchini,  
Fresh Banana, Juice Cups

Salisbury Steak w/Gravy  
Dinner Roll  
  
Hot Mashed Potatoes  
Greens, Green & Red  
Peppers, Celery Sticks  
Fresh Grapes, Diced  
Pears

In accordance with federal civil rights laws, the USDA programs are prohibited from discrimination based on race, color, national origin, sex, disability or age.

### Prices

Lunch \$3.00  
Extra Entree \$1.75

### Contacts

If you have questions or comments, please call Chef Brian at 414-442-5854.

### Got Milk?

