



# DECEMBER | 2019

## Queen of Apostles School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Turkey Bacon Panini Cooked Carrots Mixed Vegetable Apple Milk	<b>3</b> Cheese Omelet Bacon Cheesy Potatoes WG Cinnamon Roll Broccoli Banana Milk	<b>4</b> Chicken Gyro WG Flat Bread Shredded Lettuce Cucumber Slices with Ranch Green Beans Apple Sauce Milk	<b>5</b> Cheeseburger WG Bun Steamed Peas Baked Beans Mustard and Ketchup Blue Berries Milk	<b>6</b> Pizza Tossed Salad Grape Tomatoes FF Dressing Apricot cup WG Cookie Milk
<b>9</b> Baked Chicken Glazed Carrots Steamed Peas WG Cornbread FF Ranch Fruit Salad Milk	<b>10</b> Walking Taco WG Doritos Lettuce and Cheese Salsa and Sour Cream Mexican Beans Banana Milk	<b>11</b> Baked Spaghetti Apple Harvest Salad Bacon and Tomatoes FF Dressing String Cheese WG Bread Stick Apple	<b>12</b> Philly Cheese Steak Flat Bread Cheesy Ranch Potato Casserole Baby Carrots with Ranch Pear Milk	<b>13</b> Pizza Tossed Salad Cucumber Slices FF Dressing Apricot Cup WG Cookie Milk
<b>16</b> Pancakes with Butter and Syrup Egg Patty Turkey Bacon Cheesy Potatoes Juice 4 U Mixed Fruit Milk	<b>17</b> Chicken Philly Wrap WG Tortilla Roasted Ranch Potato Wedges Ketchup and Mustard Baked Beans Apple Milk	<b>18</b> Roasted Chicken Mac and Cheese Green Beans Cornbread Fruit Cup Milk	<b>19</b> Creamy Alfredo Pasta Steamed Carrots String Cheese Autumn Romaine Salad FF Poppyseed Dressing WG Animal Cracker Banana	<b>20</b> Early Dismissal NO LUNCH SERVED
<b>23</b> No School	<b>24</b> No School	<b>25</b> Merry Christmas	<b>26</b> No School	<b>27</b> No School
<b>30</b> No School	<b>31</b> No School	<b>1</b>	<b>2</b>	<b>3</b>

**Lunch Times**

**5<sup>th</sup> & 6<sup>th</sup>**  
**11:15am- 11:35am**

**7<sup>th</sup> & 8<sup>th</sup>**  
**11:40am- 12:00pm**

**Kdg., 1<sup>st</sup> & 2<sup>nd</sup>**  
**12:05pm- 12:25pm**

**3<sup>rd</sup> & 4<sup>th</sup>**  
**12:30pm- 12:50pm**

**Meat/Alternate**  
**Grades k-5 8 oz. Weekly**  
**Minimum 1oz per day**  
**Grades 6-8, 9 oz. weekly**  
**Minimum 1oz per day**  
**Grades 9-12 10 oz. weekly**

**Grain/Bread**  
**Grades k-5 8 oz. weekly**  
**Minimum 1oz per day**  
**Grades 6-8 8 oz. weekly**  
**Minimum 1oz per day**  
**Grades 9-12 10 oz. weekly**  
**Minimum 2oz per day**

**Fruit**  
**Grades k-8 ½ cup Daily**  
**and 2 ½ cups weekly**

**Vegetable**  
**Grades k-8, ¾ cup Daily**  
**and 3 ¾ cups weekly**  
**Grades 9-12, 1 cup Daily**  
**and 5 cups weekly**

**Milk**  
**1 cup 1% or Fat Free**