

ST. BERNADETTE

March 2017

revised 2.24.17

Hot/ Cold Meal: \$3.25 (entrée, two sides); Extra Entrée: \$1.75; Side Items: \$1.00

USDA Daily Requirements K thru 8: protein 1.5 oz., fruits 4oz., vegetables 6oz., whole grains 1 serving

Monday	Tuesday	Wednesday	Thursday	Friday
6 whole grain boneless <u>chicken bites</u> mashed potatoes choice of one side	7 whole grain <u>French toast sticks</u> two sausage links choice of one side	8 hamburger/ <u>cheeseburger</u> green beans choice of one side	9 cheese coney- choice of chili and <u>shredded cheese</u> tater tots choice of one side	10 <u>pizza</u> carrots and ranch choice of one side
13 hot ham & cheese on <u>pretzel bun</u> choice of two sides	14 <u>Belgian waffles</u> bacon choice of one side	15 <u>beef and cheese taco</u> black beans choice of one side	16 chili spaghetti- choice of <u>shredded cheese</u> choice of two side	17 <u>pizza</u> carrots and ranch choice of one side
20 <u>beef and cheese burrito</u> choice of two sides	21 whole grain <u>mini pancakes</u> yogurt smoothie choice of one side	22 whole grain <u>chicken fingers</u> mashed potatoes choice of one side	23 <u>mac & cheese</u> green beans choice of one side	24 <u>pizza</u> carrots and ranch choice of one side
27 popcorn chicken and <u>mashed potato bowl</u> choice of one side	28 whole grain <u>French toast sticks</u> two turkey sausage links choice of one side	29 chicken sandwich on <u>whole grain bun</u> green beans choice of one side	30 <u>turkey corndogs</u> tater tots choice of one side	31 <u>pizza</u> carrots and ranch choice of one side

Everyday Entrees ~ \$1.75

cheese sandwich	turkey wrap	peanut butter & jelly sandwich	yogurt parfait
chili	soup of the day	bagel with cream cheese	assorted whole grain cereal with milk

Side Items ~ \$1.00

Sun Chips ©	pretzels	cheese popcorn	tortilla chips w/tomato salsa
side salad with dressing	banana	whole fresh fruit	applesauce
	pineapple cubes	Mandarin oranges	

stbernadette@kaldiscatering.com ~ School Lunch Hotline 513.405.8591

Lunch Staff: Ms. Loretta and Ms. Amanda

Check your child's account 24/7 at www.ezparentcenter.com