



# Menu

## SNP K-8 MENU – OCT 2024



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
BREAKFAST MEAL	 <a href="#">FOR SPECIAL DIETS CLICK HERE</a>	<a href="#">WG Blueberry Muffin (2 oz)</a> 1 Banana, ½ c Orange Juice	<a href="#">WG Cin Toast Crun Bowl (1 oz)</a> 1 Pear, ½ c Apple Juice	<a href="#">WG Banana Muffin (2 oz)</a> 1 Orange + ½ c Grape Juice	<a href="#">WG Gran w/Cherry Yog (5 oz)</a> 1 Apple + ½ c Orange Juice
Lunch MMA		<a href="#">Chicken Tomato Bake (6 oz)</a> ¾ c Broccoli (Dark Grn) 1 Orange	<a href="#">WG Chicken Nuggets (3 oz)</a> ¾ c Green Beans (Otr) 1 Apple WG Roll (1 oz)	<a href="#">Chicken Philly (2 ea)</a> ¾ c Black Beans (Leg) 1 Banana WG Hoagie (2 oz)	<a href="#">WG Cheese Pizza (1 Slice)</a> ¾ c Carrots (R/O) 1 Orange Grain in Crust ( 2 oz)
Veg					
Fruit					
Grain					
	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
BREAKFAST MEAL	<a href="#">WG Bagel w/CrmChs (2 oz)</a> ½ c Grapes+ 1 Banana	<a href="#">WG Cin Toast Crun Bowl (1 oz)</a> 1 Banana + ½ c Pineapples	<a href="#">WG Apple Bites (2 oz)</a> 1 Pear + ½ c Apple Juice	<a href="#">Mini Maple Bites (2 oz)</a> 1 Orange + ½ c Grape Juice	<a href="#">Crois w/Cream Chs (2.50 oz)</a> 1 Apple + ½ c Orange Juice
Lunch MMA	<a href="#">Beef Nachos</a> ¾ c Corn (Starch) 1 Banana WG Nachos (2 oz)	<a href="#">Chicken Tikka Masala (4 oz)</a> ¾ c Broccoli (Dark Grn) 1 Orange WG Brn Rice 4 oz + Roll (2 oz)	<a href="#">Beef Chili w/Rice (6 oz)</a> ¾ c Green Beans (Otr) 1 Apple WG Brn Rice 4 oz + Roll (2 oz)	<a href="#">Drumstick (5.15 oz)</a> ¾ c Baked Beans(Leg) 1 Banana WG Brn Rice 4 oz + Roll (2 oz)	<a href="#">WG Cheese Pizza (1 Slice)</a> ¾ c Carrots (R/O) 1 Orange Grain in Crust ( 2 oz)
Veg					
Fruit					
Grain					
	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
BREAKFAST MEAL	<a href="#">WG Banana Muffin (2 oz)</a> ½ c Strawberries + 1 Apple	<a href="#">WG Cin Toast Crun Bowl (1 oz)</a> 1 Banana + ½ c Pineapples	<a href="#">Soft Filled CTCB (2 oz)</a> 1 Pear + ½ c Apple Juice	<a href="#">WG Blueberry Muffin (2 oz)</a> 1 Banana + ½ c Grape Juice	<a href="#">WG Corn Muffin 3.6 oz</a> 1 Apple + ½ c Orange Juice
Lunch MMA	<a href="#">Mexicali Boat</a> ¾ c Fr. Fries (Starch) 1 Banana WG Bun (2 oz)	<a href="#">Orange Chicken (4 oz)</a> ¾ c Broccoli (Dark Grn) 1 Orange WG Brn Rice 8 oz	<a href="#">Chicken Alfredo (8 oz)</a> ¾ c Green Beans (Otr) 1 Apple WG Brn Rice 8 oz	<a href="#">SS Meatball Sub (1 ea)</a> ¾ c Chick Peas (Otr) 1 Banana WG Hoagie (2 oz)	<a href="#">WG Cheese Pizza (1 Slice)</a> ¾ c Carrots (R/O) 1 Orange WG Bun (2 oz)
Veg					
Fruit					
Grain					
	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
BREAKFAST MEAL	<a href="#">WG Bagel w/Crm Chs (2 oz)</a> ½ c Blueberries + 1 Banana	<a href="#">WG Chocolate Cres Roll (2.29 oz)</a> 1 Banana + ½ c Pineapples	<a href="#">WG Apple Bites (2 oz)</a> 1 Pear + ½ c Apple Juice	<a href="#">WG Blueberry Muffin (2 oz)</a> ½ c App Slices + ½ c Grape Jce	<a href="#">WG Cin Toast Crun Bowl (1 oz)</a> 1 Orange + ½ c Orange Juice
Lunch MMA	<a href="#">Cheeseburger</a> over ¾ c Tator Tots (Starch) 1 Banana WG Bun (2 oz)	<a href="#">Beefaroni (6 oz)</a> ¾ c Broccoli (Dark Grn) 1 Orange WG Noods + WG Roll (2 oz)	<a href="#">WG Chicken Nuggets (3 oz)</a> ¾ c Green Beans (Otr) 1 Apple WG Tortilla (2 oz)	<a href="#">Chicken Quesadilla</a> ¾ c Baked Beans (Leg) 1 Banana WG Roll (1 oz)	<a href="#">WG Cheese Pizza (1 Slice)</a> ¾ c Carrots (R/O) 1 Orange Grain in Crust ( 2 oz)
Veg					
Fruit					
Grain					
	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
BREAKFAST MEAL	<a href="#">WG Banana Muffin (2 oz)</a> ½ c Kiwi + 1 Apple	<a href="#">WG Cin Toast Crun Bowl (1 oz)</a> 1 Banana + ½ c Pineapples	<a href="#">Soft Filled CTCB (2 oz)</a> 1 Pear + ½ c Apple Juice	<a href="#">WG Banana Muffin (2 oz)</a> 1 Orange + ½ c Grape Juice	
Lunch MMA	<a href="#">Chicken Tenders (3.5 oz)</a> ¾ c Peas (Starch) 1 Banana WG Bun (2 oz)	<a href="#">Taco Salad</a> 1 ½ c Rom Lettuce (Dark Grn) ½ c Peas WG Nachos (2 oz)	<a href="#">WG Chicken Sandwich (3 oz)</a> ¾ c Green Beans (Otr) 1 Orange WG Bun (2 oz)	<a href="#">Chicken Quesadilla</a> ¾ c Baked Beans (Leg) 1 Banana WG Roll (1 oz)	
Veg					
Fruit					
Grain					

Breakfast is at least a combined total of 1 c – All veg is ¾ c including Red/Orange Day - No pork/pork by products, fish or nuts served. Breakfast and Lunch meals include skim, 1% milk or FF Flavored Milk. **All menu change requests and inquiries must be submitted via email to [st.paulrestaurant@gmail.com](mailto:st.paulrestaurant@gmail.com)**