



Don't forget
to eat your
vegetables

St. Joan Antidas

Lunch

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

March

2019

MONDAY

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

4
Cheeseburger on a Bun or Macaroni and Cheese

Romaine, Cherry Tomatoes, Cauliflower, Fresh Apple, Diced Peaches

11
Chicken Nuggets w/Ranch Sauce and Dinner Roll
Roast Beef and Cheddar Sub
Hot French Fries
Romaine, Baby Carrots, Peas, Apples, Chilled Mixed Fruit

18
BBQ Rib on a Bun or Popcorn Chicken w/Honey Mustard and Dinner Roll
Hot Tater Tots
Romaine, Cherry Tomatoes, Cauliflower
Fresh Apple, Pineapple Tidbits

25
Grilled Cheese w/Tomato Soup or Chicken Tenders w/Dinner Roll
WG Peanut Free Cookie
Romaine, Baby Carrots, Peas, Fresh Apple, Diced Peaches

TUESDAY

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

5
Pasta w/Meat Sauce & Garlic Bread or Deli Sub

Romaine, Baby Carrots, Peas, Cubed Cantaloupe, Apple Slices

12
Pizza Casserole or Chicken Ranch Wrap
Romaine, Cucumber, Cherry Tomatoes, Pineapple Tidbits, Diced Peas

19
WG Rotini w/Meatballs w/Garlic Bread or All Beef Hot Dog on a Bun
Romaine, Baby Carrots, Peas, Fresh Pears, Diced Peaches

26
Max Sticks w/Marinara or Beef Steak Burger on a Bun
Romaine, Cucumber Slices, Cherry Tomatoes, Fresh Orange, Apple Slices

WEDNESDAY

6
Ash Wednesday *
Cheese Nachos w/Lettuce, Salsa
or Fish Sandwich w/Tartar HOT Refried Beans
Romaine, Cucumber Slices, Green/Red Pepper Mix, Banana, Juice Cups

13
Beef Nachos w/Melted Cheese or Italian Sub
Refried Beans
Salsa
Romaine, Broccoli, Zucchini, Bananas, Applesauce

20
Baked Potato w/Taco Meat/Cheese or Hot turkey and Cheese
HOT Baked Beans
Romaine, Cucumber Slices, Green & Red Peppers, Fresh Banana, Diced Peas

27
Chicken Fajitas w/ Flour Tortillas and Salsa or Turkey and Cheese Sub
HOT Black Beans
Romaine, Fresh Broccoli, Julienne Zucchini, Fresh Banana, Juice Cups

THURSDAY

7
Sloppy Joe on a Bun or Chicken Patty on a Bun
Hot Wedged Potatoes
WG Rice Krispie Treat
Romaine, Radishes, Celery Sticks, Fresh Apples, Diced Peas

14
Diced Chicken w/Gravy over Mashed Potatoes and Dinner Roll or Mozzarella Dippers w/Marinara
Romaine, Green & Red Pepper Mix, Celery Sticks, Fresh Pears, Peaches

21
Swedish Meatballs over Buttered Egg Noodles and Dinner Roll or HOT Ham and Cheese Sliders
Romaine, Sliced Radishes, Celery Sticks, Oranges, Pineapple Tidbits

28
Salisbury Steak w/Gravy w/Dinner Roll or Spicy Chicken Patty on a Bun
Hot Mashed Potatoes
Romaine, Green & Red Peppers, Celery Sticks
Fresh Grapes, Diced Peas

FRIDAY

1
Homemade Cheese Pizza or Fish Sticks w/Tartar Sauce
A variety of fruits and vegetables are offered daily on our FV Bar

8
Cheesy Italian Flatbread or Blackbean Cheeseburger on a Bun
A variety of fruits and vegetables are offered daily on our FV Bar

15
Homemade Cheese Pizza or Homemade Green Pepper/Onion Pizza
A variety of fruits and vegetables are offered daily on our FV Bar

22
Homemade Cheese Pizza or Fish Sticks w/Tartar
A variety of fruits and vegetables are offered daily on our FV Bar

29
Cheesy Italian Flatbread or Fish Sandwich w/Tartar Sauce
A variety of fruits and vegetables are offered daily on our FV Bar

Prices

Contacts

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

Got Milk?

