



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

February

2019

### MONDAY

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

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

No School

4  
Cheeseburger on a Bun or Macaroni and Cheese Hot Wedged Potatoes

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

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

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

6  
Walking Beef Tacos w/Lettuce, Tomato & Salsa or Golden Corn Dog HOT Refried Beans Romaine, Cucumber Slices, Green/Red Pepper Mix, Banana, Juice Cups

7  
Sloppy Joe on a Bun or Chicken Patty on a Bun

Romaine, Radishes, Celery Sticks, Fresh Apples, Diced Pears WG Rice Krispie Treat

8  
Cheesy Italian Flatbread or Sausage Italian Flatbread

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

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

12  
Pizza Burger or Chicken Parmesan Sandwich

Romaine, Cucumber, Cherry Tomatoes, Pineapple Tidbits, Diced Pears

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

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

15  
Homemade Cheese Pizza or Homemade Hawaiian Pizza

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

18  
No School

19  
WG Rotini w/Meatballs w/Garlic Bread or All Beef Hot Dog on a Bun

Romaine, Baby Carrots, Snap Peas, Fresh Honeydew, Diced Peaches

20  
Baked Potato w/Taco Meat/Cheese or Chicken Tenders w/BBQ Sauce HOT Baked Beans Romaine, Cucumber Slices, Green & Red Peppers, Fresh Banana, Diced Pears

21  
Swedish Meatballs over Buttered Egg Noodles and Dinner Roll or HOT Ham and Cheese Sliders Romaine, Sliced Radishes, Celery Sticks, Fresh Pear, Applesauce

22  
No School

25  
No School

26  
Max Sticks w/Marinara or Beef Steak Burger on a Bun

Romaine, Cucumber Slices, Cherry Tomatoes, Fresh Orange, Apple Slices

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

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 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

Skim  
1% White  
Skim Chocolate

### Contacts

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

### Got Milk?

Milk choice of 1% White, Skim or Chocolate Skim is included with Breakfast.

