

# August 2010



St Monica School Lunches - \$2.25 each - Milk \$.50; Ala catre prices - \$.25 - \$1.00

REMINDER: USE FACTS VOUCHER FOR LUNCH ACCOUNT WITHDRAWALS - SEE SCHOOL WEBSITE > LUNCH PAGE



## News

This year the lunch staff will be preparing some of the favorites and some new items, in an attempt to continue to introduce the children to new nutritious foods, which is proving to be exciting and fun! Last year we served more steamed broccoli and fresh peas than any of the previous years put together.

This year we will continue to use whole wheat and / or whole grain incorporated breads and pastas and will introduce other grain varieties. The inclusion of fresh fruits and vegetables from reputable sources as part of the lunches will continue.



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Refer to the school website <b>9</b> LUNCH PAGE for useful information. ***** Your family may qualify for reduced priced meals. See LUNCH PAGE for information.	<b>10</b>	<b>11</b> Please note: Grades PK through 3 <sup>rd</sup> grade will not be offered a choice of lunch this year. If they are buying a school lunch then they will receive everything on the menu. They can make their <i>choice</i> from their tray.	<b>12</b>	<b>13</b> Ice Cream Social 4-7pm
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b> Back to School <u>1pm dismissal</u>  Grilled Chicken Sandwich Sandwich Toppings Oven Fries Watermelon Milk	<b>20</b> <u>1pm dismissal</u>  Soft Baked Pretzel / Cheese sauce Steamed Broccoli Chilled Peaches Milk Power Cookie
<b>23</b> Turkey + Cheese Wrap Carrots and Dip Applesauce Cup Banana Muffin Milk	<b>24</b> Open - Faced Baked Stromboli (beef and mozzarella cheese) Steamed Mixed Vegetables Chilled Pears Milk	<b>25</b> Teriyaki Chicken Flatbread Wrap Steamed Green Beans Chilled Mandarin Oranges Milk	<b>26</b> Ham + Cheese / whole wheat Scalloped Potatoes Chilled Peaches Milk	<b>27</b> School Made Cheese Pizza Lightly Tossed Salad Fresh Grapes Milk
<b>30</b> Corndog Summer Tomato Salad Banana Milk	<b>31</b> Chicken Burrito Carrots + dip Chilled Pineapple Corn Muffin Milk	9/1 Beef + Cheese Tater Tot Bake Warm Breadstick + Sauce Chilled Peaches Milk Cookie	9/2 Pasta + Sauce Garlic Bread Lightly Tossed Salad Milk	9/3 Fish + Chips Cucumber Wheels + Dip Jello Parfait Fresh Orange Wheels Brownie Milk