



JANUARY | 2023

Saint Bernadette School

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 NO SCHOOL	3 Corndog -WG Oven Baked Fries Low fat String Cheese Peaches Milk	4 Pizza -WG Green Beans Mixed Fruit Milk	5 BRUNCH FOR LUNCH French Toast -WG Syrup Cup Sausage Sweet Potato Fries Pears Milk	6 January Birthday Treat - fresh baked chocolate chip cookie -WG Fish Sandwich on WG Bun Cheese/Lettuce/Tartar Sauce Roasted Broccoli Apple Slices Milk
9 Chicken Nuggets -WG Buttered Corn Applesauce Milk	10 Cheesy Bread w/Marinara Green Beans Jell-o w/Whipped Topping 100% Fruit Juice Slushie Cup Milk	11 Baked Mac & Cheese Peas WG Shortbread Cookies Pears w/Blueberries Milk	12 Cheeseburger on WG Bun Pickle Spear Sweet Potato Fries Peaches Milk	13 Cheese Pizza -WG Romaine Salad w/grape tomato Yogurt Fresh Fruit Milk
16 NO SCHOOL	17 Chicken Parmesan WG Breadstick Green Beans Peaches Milk	18 Hotdog on WG Bun Baked Beans String Cheese Pears Milk	19 Ham & Cheese Calzone -WG Carrots & Celery w/dip Low-fat String Cheese Applesauce Milk	20 BRUNCH FOR LUNCH Egg & Cheese Omelet Cinnamon Roll -HM Hashbrown 100% Fruit Juice Cup Milk
23 Chicken Patty Sandwich on WG Bun Green Beans Applesauce Milk	24 Pizza -WG String Cheese Buttered Corn Peaches Milk	25 Quesadilla -WG Salsa/Sour Cream Refried Beans w/Cheese Pears Milk	26 BRUNCH FOR LUNCH Chicken & Waffles Syrup Cup Sweet Potato Fries Fresh Fruit Milk	27 Grilled Cheese -WG Tomato Soup w/crackers Broccoli w/dip Mixed Fruit Milk
30 Steak Fingers Mashed Potatoes w/Gravy WG Dinner Roll Peaches Milk	31 Mini Corndogs -WG Baked Beans Jell-o w/whipped topping Pears Milk	1	2	3

News

Lunch consists of protein, grain, fruit, vegetable and milk. We encourage students to take all 5 but they MUST select a fruit or vegetable and 2 other items to meet the National School Lunch Program guidelines.

PLEASE ADD MONEY TO YOUR STUDENT'S LUNCH ACCOUNT BY USING OUR EZ LUNCH APP.

WG = Whole Grain
HM = House Made

MENU SUBJECT TO CHANGE WITHOUT NOTICE BASED OFF ITEM AVAILABILITY.

Student Lunch \$3.25

Applications for free or reduced lunch can be submitted anytime throughout the school year. Applications are available in the school office.