



WEEK 4

LUNCH	MONDAY 10/13	TUESDAY 10/14	WEDNESDAY 10/15	THURSDAY 10/16	FRIDAY 10/17
SIGNATURE	No School	<u>Another Tuesday</u> Chicken & Waffles Potato Wedges Green Beans Carb Counts: Chicken=24g Waffles=21g Potato Wedges=18g Green Beans=3.5g	<u>Choices</u> Tater Tot Bar Chili Cheese Onions Cornbread Muffin Carb Counts: Tots=19g Chili=10g Cheese=1g Onion=1g Corn muffin= 27g	<u>Asian Style</u> Orange Chicken Fried or white Rice Dumpling Steamed Broccoli Carb Counts: Orange chicken=44g Fried Rice=21.5 Rice=23g Dumpling=17g Broccoli=4g	<u>Pizza Day</u> French Bread Pizza Cheese or Pepperoni Pasta Salad Carb counts: Bread=25g Sauce=6g Cheese=1g Pepperoni=0g Pasta Salad=32g
GRILL		BBQ Pulled Pork Sandwich Carb Count: Bun=39g BBQ pork=14g	Mozzarella Sticks Carb Counts: Mozz sticks=20g Sauce=8g	Chicken Parm Sub Carb Count: Bun=34g Chicken Patty=13g Sauce=8g Cheese=1g	Boneless Wings Carb Counts: Boneless wings=24g
PRODUCE BAR	Chopped Romaine, Cherry tomato, baby Carrots, Broccoli, cucumbers, celery, Assorted peppers, Cauliflowers, Hummus, Grapes, Pineapples, Peaches, Apples, Oranges, Bananas and Composed Salads.				

MAKE IT A MEAL!

A meal includes grain, protein, fruit, vegetable and milk. Be sure to take at least three components of a meal (including ½ cup of fruit or vegetable) to receive our meal pricing!

Lunch: \$5.25
Extra Milk: \$0.75

Questions or special requests regarding food sensitivities?

Contact us! We're happy to work together to support your student!

Access the week menus through the page stjudejaguars.org

Oscar Graham

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