

St. Philip Summer Menu

Week		Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	1	Fruit Muffins Fruit	English Muffins Hard Boiled Eggs Fruit	Wow Butter Apple Rollups	French Toast Applesauce	Raspberry Granola Bars Fruit
Lunch		Italian Sausage Penne Mixed Vegetables	Beef, Pepper Fajita Bowls Veggies	Chef Salad (egg, ham, cheese, lettuce, tomato) Meat Sandwiches	Tuna Fish Cakes Rice Pilaf Coleslaw	Roasted Chicken, Brocoli, Cauliflower and Potatoes
PM Snack		Savory Pita Chips Veggies	Yogurt, Fruit, Granola Parfaits	Ham and Cheese Scones Veggies	Carrot Cake Energy Bites Fruit	Focaccia Bread Marinara, Veggies
AM Snack	2	Oatmeal Fruit	Frozen Yogurt/Fruit Bark Graham Wafers	Tomato, Cheese Egg Muffins Fruit	Cereal Fruit	Bagels Fruit
Lunch		Hawaiian Pork and Veggie Stir Fry with Chow Mein	Beef Stroganoff Garlicky Green Beans	Chicken Ceasar Salad Grilled Cheese Sandwiches	Tuna Melt Veggies and Dip	Black Bean Taquitos Garden Salad
PM Snack		Ham, Cheese Pinwheels Veggies	Pumpkin Bread Fruit	Crackers, Cheese Veggies	Banana Muffins Fruit	Lemon Cranberry Loaf Fruit
AM Snack	3	Toast Fruit	Yogurt Smoothies Graham Wafers	Wow Butter Energy Bites Fruit	Granola Fruit	Milk and Cereal Bars Fruit
Lunch		Vegetarian Lentil Chili Buns	Spagetti & Meat Sauce Caesar Salad	Chicken Beet Salad Garlic Bread	Lemon Dill Fish Vegetable Orzo	Chicken & Vegetable Stir Fry with Rice Noodles
PM Snack		No Bake Banana Bread Bites Fruit	Oatmeal Raisin Scones Fruit	Nachos, Cheese Veggies	Carrot Cookies Fruit	White Bean Dip Pretzels, Veggies
AM Snack	4	Fruit Muffins Fruit	English Muffins Hard Boiled Eggs Fruit	Wow Butter Apple Rollups	French Toast Applesauce	Raspberry Granola Bars Fruit
Lunch		Omelettes Toast Mixed Veggies	Squash Shephards Pie Garlicky Green Beans	Steak and Orange Salad with Crispy Noodles	Citrus Fish Cauliflower, Brocoli Rice Casserole	Chicken & Brocoli Fettucini Alfredo Peas
PM Snack		Savory Pita Chips Veggies	Yogurt, Fruit, Granola Parfaits	Ham and Cheese Scones Veggies	Carrot Cake Energy Bites Fruit	Focaccia Bread Marinara, Veggies
AM Snack	5	Oatmeal Fruit	Frozen Yogurt/Fruit Bark Graham Wafers	Tomato, Cheese Egg Muffins Fruit	Cereal Fruit	Bagels Fruit
Lunch		Vegetarian Lasagna Caesar Salad	Pizza Buns Veggies, Dip	Vietnamese Chicken Veggie Salad Rice Noodles Pita Chips	Tuna Casserole Mixed Vegetables	Chicken, Veggie Pot Pie Biscuits
PM Snack		Ham, Cheese Pinwheels Veggies	Pumpkin Bread Fruit	Crackers, Cheese Veggies	Banana Muffins Fruit	Lemon Cranberry Loaf Fruit
AM Snack	6	Toast Fruit	Yogurt Smoothies Graham Wafers	Wow Butter Energy Bites Fruit	Granola Fruit	Milk and Cereal Bars Fruit
Lunch		Pulled Pork on a Bun Beet Salad	Sloppy Joes Veggies & Dip	Taco Salad (ground beef, tomatoes, lettuce, cheese, tortilla chips)	Macaroni and Cheese with Butternut Squash Baked Beans Marinated Veg Salad	Chicken Fajita Rice Bake Steamed Brocoli, Cauliflower
PM Snack		No Bake Banana Bread Bites Fruit	Oatmeal Raisin Scones Fruit	Snack Mix Veggies	Carrot Cookies Fruit	White Bean Dip Pretzels, Veggies

* milk served with lunch *