

*St. Patrick School*  
*School Year 2018-2019*

*List of Ingredients for Lunch for the Month of January 2019*

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<b>1</b>		<b>2</b>	<b>3</b>	<b>4</b>
 <p><b>Food Guide Pyramid</b> The Five Food Groups are the building blocks of the Food Guide Pyramid.</p>	<p>CHRISTMAS</p> <p>VACATION</p> <p>NO</p> <p>SCHOOL</p>	<p>CHRISTMAS</p> <p>VACATION</p> <p>NO</p> <p>SCHOOL</p>	<p>CHRISTMAS</p> <p>VACATION</p> <p>NO</p> <p>SCHOOL</p>	<p>CHRISTMAS</p> <p>VACATION</p> <p>NO</p> <p>SCHOOL</p>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10 E</b>	<b>11</b>
<p><b>CHICKEN PATTY SANDWICH</b> Breaded Chicken Patty Whole Wheat Bread</p> <p>Optional: Lettuce Tomato Mayonnaise Ketchup Mustard</p>	<p><b>BEEF TACO</b> Beef Taco Meat Taco Mix Shredded Lettuce Chopped Onions Taco Shell</p> <p>Optional: Salsa Shredded Cheese Sour Cream</p>	<p><b>TURKEY W GRAVY</b> Turkey Deli Chopped Onions Campbell's Turkey Gravy</p>	<p><b>HAM SANDWICH</b> Wheat Bread Slice of Ham Lettuce Tomato Onions Onions</p> <p>Optional: Mayonnaise Mustard Ketchup</p>	<p><b>CHICKEN TERIYAKI</b> Chicken Thigh Tamari Sauce Agave Nectar Soybeans Garlic Onions Vinegar Sesame Seed/Sesame Oil Ginger Salt</p>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17 M</b>	<b>18</b>
<p><b>CHICKEN FAJITA</b> Chicken Fajita Meat Sliced Onions Sliced Bell Pepper Whole Wheat Tortilla</p> <p>Optional: Salsa</p>	<p><b>BEEF NACHO CHEESE</b> Ground Beef Nachos Cheese Sauce</p>	<p><b>PORK SLIDER ON A BUN</b> Wheat Bread Shredded Pork Loin Tomato Sauce Sugar/Molasses White Vinegar Hickory Smoked Flavor Worcestershire Sauce Sea Salt Garlic Powder/Cayenne Pepper Ground Red Peppers/Black Pepper Caramel Color Xanthan Gum</p>	<p><b>TURKEY HAM SANDWICH</b> Wheat Bread Slice of Turkey Ham Lettuce Tomato Onions Onions</p> <p>Optional: Mayonnaise Mustard Ketchup</p>	<p>IN SERVICE DAY</p> <p>NO</p> <p>SCHOOL</p>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24 E</b>	<b>25</b>
<p>MARTIN LUTHER KING JR. DAY</p> <p>NO</p> <p>SCHOOL</p>	<p><b>PORK W SWEET SOUR SAUCE</b> Sliced Pork Loin Tomato Puree Sugar White Vinegar Molasses Salt/Sea Salt Cornstarch Worcestershire Sauce Garlic Powder/Garlic/Onions Cayenne Pepper/Ground Red Peppers Caramel Color/Hickory Smoke Flavor</p>	<p><b>GRILLED CHEESE SANDWICH</b> Sliced Cheddar Cheese Butter Wheat Bread</p>	<p><b>SUNFLOWER BUTTER JELLY SANDWICH</b> Sunflower Butter Spread Strawberry Jelly Spread Wheat Bread</p>	<p><b>CHEESEBURGER</b> Hamburger Patty Cheese Slice Wheat Round Bread</p> <p>Optional: Ketchup Mustard Mayonnaise</p>
<b>28</b>	<b>29</b>	<b>30</b>	<b>31 E</b>	
<p><b>BAKED CHICKEN</b> Chicken Breast Soybean Oil Vinegar Fructose Corn Syrup Salt Garlic Onion Red Bell Pepper Lemon Juice Caramel Flavor Annatto</p>	<p><b>SPAGHETTI W GROUND BEEF</b> Wheat Spaghetti Noodles Ground Beef Spaghetti Sauce Shredded Cheddar Cheese Basil Oregano Marjoram Thyme Garlic Ground Black Pepper</p>	<p><b>CHEESE QUESADILLA</b> Shredded Cheese Whole Wheat Tortilla</p> <p>Optional: Salsa Sour Cream</p>	<p><b>SWEET SAVORY PORK</b> Pork Loin Soy Sauce (soybeans, salt, alcohol, salt, sugar) High Fructose Corn Syrup Mirin (Rice, alcohol, enzymes, salt) Lactic Acid Modified Food Starch Dehydrated Garlic Spices Dextrose</p>	

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