

**St. Patrick School**  
**School Year 2019 -2020**

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

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
		<b>14 M</b> <b>CHEESE SANDWICH</b> Wheat Bread Slice of American Cheese Butter	<b>15 M</b> <b>TURKEY HAM SANDWICH</b> Wheat Bread Slice of Turkey Ham Lettuce Tomato Onions Onions Optional: Mayonnaise Mustard Ketchup	<b>16</b> <b>Chicken Sandwich</b> Hamburger Bun Breaded Chicken Patty Optional: Slice of Cheese Mayonnaise Ketchup
<b>19</b> <b>SPAGHETTI W GROUND BEEF</b> Wheat Spaghetti Noodles Ground Beef Spaghetti Sauce Shredded Cheddar Cheese Basil Oregano Marjoram Thyme Garlic Ground Black Pepper	<b>20</b> <b>CHEESE QUESADILLA</b> Shredded Cheese Whole Wheat Tortilla Optional: Salsa Sour Cream	<b>21</b> <b>CHEESEBURGER</b> Hamburger Patty Cheese Slice Wheat Round Bread Optional: Ketchup Mustard Mayonnaise	<b>22 M</b> <b>SUNFLOWER JELLY SANDWICH</b> Sunflower Spread Strawberry Jelly Spread Wheat Bread	<b>23</b> <b>FISH STICKS</b> Alaskan Pollock Tilapia Whiting Haddock Cod Anchovy Sardine Milk Optional: Tartar Sauce
<b>26</b> <b>PORK SLIDER ON A BUN</b> Sliced Pork Loin / Hamburger Bun 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	<b>27</b> <b>BEEF TACO</b> Beef Taco Mix Taco Mix Shredded Lettuce Chopped Onions Taco Shell Optional: Salsa Shredded Cheese Sour Cream	<b>28</b> <b>CHICKEN TERIYAKI</b> Chicken Thigh Tamari Sauce Agave Nectar Chopped Onions Garlic Onions Vinegar Sesame Seed/Sesame Oil Ginger Salt	<b>29 M</b> <b>HAM SANDWICH</b> Wheat Bread Slice of Ham Lettuce Tomato Onions Onions Optional: Mayonnaise Mustard Ketchup	<b>30</b> <b>CHEESE PIZZA</b> English Muffin Shredded Cheese Pizza Sauce

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<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<b>2</b>  LABOR DAY   NO SCHOOL	<b>3</b> <b>CHICKEN TERIYAKI</b> Chicken Thigh Tamari Sauce Agave Nectar Soybeans Garlic Onions Vinegar Sesame Seed/Sesame Oil Ginger Salt	<b>4</b> <b>CHEESE PIZZA</b> English Muffin Shredded Cheese Pizza Sauce	<b>5 M</b> <b>HAM SANDWICH</b> Wheat Bread Slice of Ham Lettuce Tomato Onions Onions Optional: Mayonnaise Mustard Ketchup	<b>6</b> <b>SPAGHETTI W GROUND BEEF</b> Wheat Spaghetti Noodles Ground Beef Spaghetti Sauce Shredded Cheddar Cheese Basil Oregano Marjoram Thyme Garlic Ground Black Pepper
<b>9</b> <b>CHICKEN CASSEROLE</b> Chicken Cubes Mixed Vegetables Brown Rice Sweet sour sauce	<b>10</b> <b>BEEF TACO</b> Ground Beef Taco Mix Shredded Lettuce Chopped Onions Taco Shell Optional: Salsa Shredded Cheese Sour Cream	<b>11</b> <b>SWEET SOUR PORK</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	<b>12 M</b> <b>TUNA SALAD SANDWICH</b> Tuna Chunk Chopped Celery Chopped Apples Pickle Relish Sliced Olives Ranch dressing Mayonnaise Wheat Bread Salt	<b>13</b> <b>BEAN AND CHEESE BURRITO</b> Vegetarian beans Shredded American Cheese Tortilla
<b>16</b> <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 Xanthan Gum	<b>17</b> <b>BAKED CHICKEN</b> Chicken Breast Soybean Oil Vinegar Fructose Corn Syrup Salt Garlic Onion Red Bell Pepper Lemon Juice Caramel Flavor Annatto	<b>18</b> <b>CHEESEBURGER</b> Hamburger Patty Cheese Slice Wheat Round Bread Optional: Ketchup Mustard Mayonnaise	<b>19 M</b> <b>TURKEY HAM SANDWICH</b> Wheat Bread Slice of Turkey Ham Lettuce Tomato Onions Onions Optional: Mayonnaise Mustard	<b>20</b> <b>MACARONI &amp; CHEESE</b> Wheat Macaroni Velveeta Cheese Milk Butter

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<p><b>23</b></p> <p><b>CHICKEN NUGGETS</b></p> <p>Chicken white meat  Wheat Flour  Chicken Broth  Yellow corn flour  Brown Sugar  Salt  Yeast</p> <p>Optional:  Ranch Sauce  Ketchup</p>	<p><b>24</b></p> <p><b>PORK W SWEET SOUR SAUCE</b></p> <p>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>25</b></p> <p><b>BEEF W GRAVY</b></p> <p>Ground Beef  Chopped Onions  Campbell's Brown Gravy</p>	<p><b>26 M</b></p> <p><b>GRILLED CHEESE SANDWICH</b></p> <p>Sliced Cheddar Cheese  Butter  Wheat Bread</p>	<p><b>27</b></p> <p><b>BEEF NACHO CHEESE</b></p> <p>Ground Beef  Nacho  Cheese Sauce</p>
<p><b>30</b></p> <p><b>SLOPPY JOE SANDWICH</b></p> <p>Ground Beef  Tomato Puree  High Fructose Corn Syrup  White Distilled Vinegar  Salt/Sugar/Chili Pepper  Dehydrated Red and Green Pepper  Guar Gum  Xanthan Gum  Citric Acid, Corn Syrup  Tomato Fiber  Spices, Natural Flavors</p>				 <p><b>Food Guide Pyramid</b></p> <p>The Five Food Groups are the building blocks of the Food Guide Pyramid.</p> <p>The diagram shows a pyramid divided into five sections: <b>GRAIN GROUP</b> (top), <b>VEGETABLE GROUP</b> (second from top), <b>FRUIT GROUP</b> (middle), <b>PROTEIN GROUP</b> (second from bottom), and <b>DAIRY GROUP</b> (bottom).</p>