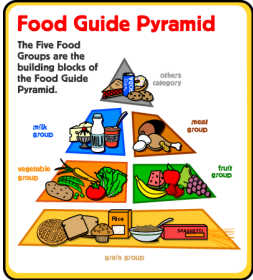


*St. Patrick School*  
*School Year 2019-2020*

*List of Ingredients for Lunch for the Month of March 2020*

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p><b>2</b></p> <p style="text-align: center;"><b>CHICKEN TERIYAKI</b></p> <p>Chicken Thigh Tamari Sauce Agave Nectar Soybeans Garlic Onions Vinegar Sesame Seed/Sesame Oil Ginger Salt</p>	<p><b>3</b></p> <p style="text-align: center;"><b>BEEF TACO</b></p> <p>Beef Taco Meat Taco Mix Shredded Lettuce Chopped Onions Taco Shell</p> <p>Optional: Salsa Shredded Cheese Sour Cream</p>	<p><b>4</b></p> <p style="text-align: center;"><b>MACARONI &amp; CHEESE</b></p> <p>Wheat Macaroni Velveeta Cheese Milk Butter</p>	<p><b>5 M</b></p> <p style="text-align: center;"><b>HAM SANDWICH</b></p> <p>Wheat Bread Slice of Ham Lettuce Tomato Onions Onions</p> <p>Optional: Mayonnaise Mustard Ketchup</p>	<p><b>6</b></p> <p style="text-align: center;"><b>CHEESE PIZZA</b></p> <p>English Muffin Shredded Cheese Pizza Sauce</p>
<p><b>9</b></p> <p style="text-align: center;"><b>CHICKEN CASSEROLE</b></p> <p>Chicken Cubes Mixed Vegetables Brown Rice Sweet sour sauce</p>	<p><b>10</b></p> <p style="text-align: center;"><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 Tomato Fiber Corn Syrup Spices, Natural Flavors</p>	<p><b>11</b></p> <p style="text-align: center;"><b>PORK BBQ</b></p> <p>Sliced 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>12 M</b></p> <p style="text-align: center;"><b>SUNFLOWER JELLY SANDWICH</b></p> <p>Sunflower Butter Spread Strawberry Jelly Spread Wheat Bread</p>	<p><b>13</b></p> <p style="text-align: center;"><b>TUNA SALAD SANDWICH</b></p> <p>Tuna Chunk Chopped Celery Chopped Apples Pickle Relish Sliced Olives Ranch dressing Mayonnaise Wheat Bread Salt</p>
<p><b>16</b></p> <p style="text-align: center;"><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>17</b></p> <p style="text-align: center;"><b>PORK SLIDER ON A BUN</b></p> <p>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>18</b></p> <p style="text-align: center;"><b>CHEESE QUESADILLA</b></p> <p>Shredded Cheese Whole Wheat Tortilla</p> <p>Optional: Salsa Sour Cream</p>	<p><b>19 M</b></p> <p style="text-align: center;"><b>TURKEY HAM SANDWICH</b></p> <p>Wheat Bread Slice of Ham Lettuce Tomato Onions Onions</p> <p>Optional: Mayonnaise Mustard Ketchup</p>	<p><b>20</b></p> <p style="text-align: center;">IN SERVICE DAY</p> <p style="text-align: center;">NO SCHOOL</p>
<p><b>23</b></p> <p style="text-align: center;">LOCAL HOLIDAY</p> <p style="text-align: center;">NO SCHOOL</p>	<p><b>24</b></p> <p style="text-align: center;"><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 style="text-align: center;"><b>SPAGHETTI W GROUND BEEF</b></p> <p>Wheat Spaghetti Noodles Ground Beef Spaghetti Sauce Shredded Cheddar Cheese Basil Oregano Marjoram Thyme Garlic Ground Black Pepper</p>	<p><b>26 M</b></p> <p style="text-align: center;"><b>CHEESE SANDWICH</b></p> <p>Wheat Bread Slice of American Cheese Butter</p>	<p><b>27</b></p> <p style="text-align: center;"><b>FISH STICKS</b></p> <p>Alaskan Pollock Tilapia Whiting Haddock Cod Anchovy Sardine Milk</p> <p>Optional: Tartar Sauce</p>
<p><b>30</b></p> <p style="text-align: center;"><b>HAMBURGER</b></p> <p>Hamburger Patty Wheat Round Bread</p> <p>Optional: Ketchup Mustard Mayonnaise</p>	<p><b>31</b></p> <p style="text-align: center;"><b>BEEF NACHO CHEESE</b></p> <p>Ground Beef Nacho Cheese Sauce</p>	 <p style="text-align: center;"><b>Food Guide Pyramid</b></p> <p>The Five Food Groups are the building blocks of the Food Guide Pyramid.</p> <p>others category</p> <p>meat group</p> <p>fruit group</p> <p>vegetable group</p> <p>milk group</p> <p>grain group</p>		

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