

St. Patrick School
School Year 2017-2018

List of Ingredients for Lunch for the Month of April 2018

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
2 EASTER BREAK NO SCHOOL	3 EASTER BREAK NO SCHOOL	4 EASTER BREAK NO SCHOOL	5 EASTER BREAK NO SCHOOL	6 EASTER BREAK NO SCHOOL
9 CHICKEN PATTY SANDWICH Breaded Chicken Patty Whole Wheat Bread Optional: Lettuce Tomato Mayonnaise Ketchup Mustard	10 BEEF TACO Beef Taco Meat Taco Mix Shredded Lettuce Chopped Onions Taco Shell Optional: Salsa Shredded Cheese Sour Cream	11 FISH STICKS Alaskan Pollock Tilapia Whiting Haddock Cod Anchovy Sardine Milk Optional: Tartar Sauce	12 CHICKEN TERIYAKI Chicken Thigh Tamari Sauce Agave Nectar Soybeans Garlic Onions Vinegar Sesame Seed/Sesame Oil Ginger Salt	13 <i>International Day</i> CHEESEBURGER Hamburger Patty Cheese Slice Wheat Round Bread Optional: Ketchup Mustard Mayonnaise
16 CHICKEN CASSEROLE Chicken Cubes Mixed Vegetables Brown Rice Sweet sour sauce	17 SPAGHETTI W GROUND BEEF Wheat Spaghetti Noodles Ground Beef Spaghetti Sauce Shredded Cheddar Cheese Basil Oregano Marjoram Thyme Garlic Ground Black Pepper	18 PORK SLIDER ON A BUN 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	19 HAM SANDWICH Wheat Bread Slice of Ham Lettuce Tomato Onions Optional: Mayonnaise Mustard Ketchup	20 GRILLED CHEESE SANDWICH Sliced Cheddar Cheese Butter Wheat Bread
23 CHICKEN NUGGETS Chicken white meat Wheat Flour Chicken Broth Yellow corn flour Brown Sugar Salt Yeast Optional: Ranch Sauce Ketchup	24 PORK W SAVORY SAUCE 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	25 MACARONI & CHEESE Wheat Macaroni Velveeta Cheese Milk Butter	26 SUNFLOWER JELLY SANDWICH Sunflower Butter Spread Strawberry Jelly Spread Wheat Bread	27 <i>International Day</i> HAM SANDWICH Wheat Bread Slice of Ham Lettuce Tomato Onions Optional: Mayonnaise Mustard Ketchup
30 CHICKEN FAJITA Chicken Fajita Meat Sliced Onions Sliced Bell Pepper Whole Wheat Tortilla Optional: Salsa			 <p>The Food Guide Pyramid diagram shows five food groups as building blocks: grain (bottom), vegetable (left), fruit (right), milk (top left), and meat (top right). An 'others' category is shown at the top. The diagram is titled 'Food Guide Pyramid' and includes the text: 'The Five Food Groups are the building blocks of the Food Guide Pyramid.'</p>	

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