



St. Patrick School
School Year 2017-2018

List of Ingredients for Lunch for the Month of December

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
 <p>Food Guide Pyramid The Five Food Groups are the building blocks of the Food Guide Pyramid.</p>				1 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
4 FISH STICKS Alaskan Pollock Tilapia Whiting Haddock Cod Anchovy Sardine Milk Optional: Tartar Sauce	5 BEEF TACO Beef Taco Meat Taco Mix Shredded Lettuce Chopped Onions Taco Shell Optional: Salsa Shredded Cheese Sour Cream	6 CHEESE QUESADILLA Shredded Cheese Whole Wheat Tortilla Optional: Salsa Sour Cream	7 E HAM SANDWICH Wheat Bread Slice of Ham Lettuce Tomato Onions Onions Optional: Mayonnaise Mustard Ketchup	8 CHICKEN TERIYAKI Chicken Thigh Tamari Sauce Agave Nectar Soybeans Garlic Onions Vinegar Sesame Seed/Sesame Oil Ginger Salt
11 PORK w BBQ SAUCE 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	12 CHICKEN FAJITA Chicken Fajita Meat Sliced Onions Sliced Bell Pepper Whole Wheat Tortilla Optional: Salsa	13 GRILLED CHEESE SANDWICH Sliced Cheddar Cheese Butter Wheat Bread	14 E CHICKEN NUGGETS Chicken white meat Wheat Flour Chicken Broth Yellow corn flour Brown Sugar Salt Yeast Optional: Ranch Sauce Ketchup	15 SLOPPY JOE SANDWICH Ground Beef Tomato Ppuree 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
18 SPAGHETTI W GROUND BEEF Wheat Spaghetti Noodles Ground Beef Spaghetti Sauce Shredded Cheddar Cheese Basil Oregano Marjoram Thyme Garlic Ground Black Pepper	19 TURKEY W GRAVY Turkey Meat Chopped Onions Campbell's Turkey Gravy	20 PORK W ZESTY ORANGE SAUCE Pork Loin Corn Syrup/Fructose Corn Syrup Soy Sauce White Distilled Vinegar Modified Cornstarch Toasted Sesame Oil/Garlic Orange Juice Extract of Annato Canola Oil Xanthan Gum Salt	21 M HAM SANDWICH Wheat Bread Slice of Ham Lettuce Tomato Onions Onions Optional: Mayonnaise Mustard Ketchup	22 NO SCHOOL START OF CHRISTMAS VACATION
25  <p>MERRY CHRISTMAS AND A HAPPY NEW YEAR</p>	26 NO SCHOOL CHRISTMAS VACATION	27 NO SCHOOL CHRISTMAS VACATION	28 NO SCHOOL CHRISTMAS VACATION	29 NO SCHOOL CHRISTMAS VACATION