

# May 2017 Breakfast

Cafeteria Manager  
Mrs. Trish Head

# St. Catherine Academy

Served Daily  
Canned and Fresh Fruit  
Milk & Juice

\*Menu Subject to Change

Breakfast: \$1.95  
Breakfast (Reduced): \$ .30  
Lunch: \$2.65  
Lunch (Reduced): \$ .40  
Additional Entrée with meal purchase: \$1.75  
Additional Side Item: \$1.00  
Milk: \$ .45  
Juice: \$ .55

*Breakfast  
is the most  
important  
meal of  
the day!!!*

Mon	Tue	Wed	Thu	Fri
1 <i>Cinnamon Streusel Muffin</i>	2 <i>Mini Maple Waffles Syrup</i>	3 <i>Sausage Pizza Bagel</i>	4 <i>Trix Cereal Bar</i>	5 <i>NO SCHOOL</i>
8 <i>Chocolate Chip Muffin</i>	9 <i>Egg &amp; Bacon Breakfast Pizza</i>	10 <i>Cherry Filled Frudel</i>	11 <i>Apple Jacks Cereal</i>	12 <i>Mini Blueberry Waffles Syrup</i>
15 <i>Plain Omelet Honey White Toast Margarine</i>	16 <i>Ultimate Breakfast Round</i>	17 <i>Mini French Toast Syrup</i>	18 <i>Blueberry Muffin</i>	19 <i>Honey Nut Cheerios Cereal</i>
22 <i>Chocolate Chip Muffin</i>	23 <i>No Breakfast (see lunch menu)</i>	24	25	26
29	30	31		

USDA is an equal opportunity provider and employer

# May 2017 Lunch

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### USDA Guidelines

Milk 1 c daily, 1% or skim  
Fruit 1/2 c daily  
Veg. 3/4 c daily

5 Veggie Categories  
Starchy, Red/Orange,  
Dark Green, Beans/  
Legumes & other

Grain 1 1/2-2 oz. daily,  
whole grain  
Meat 1 3/4-2 oz. daily  
No Trans fats

### Calorie Guidelines

Pre-K-5th 550-600 Daily  
<640mg of Sodium

6-8th 600-700 Daily  
<710mg of Sodium

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Mon	Tue	Wed	Thu	Fri
1 <i>BBQ Riblette on Bun Corn Peas</i>	2 <i>Corndog French Fries Salad</i>	3 <i>Sausage Pancakes Hashbrown Mixed Veggies</i>	4 <i>Hamburger or Cheeseburger Mashed Potatoes Green Beans</i>	5 <i>NO SCHOOL</i>
8 <i>Popcorn Chicken Roll Hashbrown Peas</i>	9 <i>Pepperoni or Cheese Pizza Mixed Veggies Green Beans</i>	10 <i>Turkey Wrap French Fries Broccoli</i>	11 <i>Italian Dippers Corn Carrots &amp; Dip</i>	12 "Picnic" <i>Uncrustable Chips Carrots with Dip Apple Fruit Snacks</i>
15 <i>Chicken Patty on Bun Seasoned Potatoes Mixed Veggies</i>	16 <i>Oven Roasted Chicken Roll Mashed Potatoes Green Beans</i>	17 <i>Hotdog on Bun Refried Beans Chips &amp; Salsa</i>	18 <i>Meatball Sub Broccoli Carrots</i>	19 <i>Papa John's Pizza Corn Peas</i>
22 <i>Chicken Nuggets Roll Tater Tots Green Beans</i>	23 "Last Day Brunch" <i>"Serving at 9:30am"</i> <i>Sausage Biscuit Yogurt Parfait</i>	24	25	26
29	30	31		