



Don't forget  
to eat your  
vegetables

# St. Paul Grafton

## Lunch

Fresh Vegetable Choices and Seasonal Fruit are Offered Daily  
on the Fruit and Vegetable Bar

March

2019

### MONDAY

All menus meeting Federal Nutritional requirements. Menus are subject to change but will always meet these requirements.

### TUESDAY

In accordance with federal civil rights laws, the USDA programs are prohibited from discrimination based on race, color, national origin, sex, disability or age.

### WEDNESDAY

### THURSDAY

### FRIDAY

4  
Cheeseburger on a Bun or Macaroni and Cheese

Romaine, Cherry Tomatoes, Cauliflower, Fresh Apple, Diced Peaches

5  
Pasta w/Meat Sauce & Garlic Bread or Deli Sub

Romaine, Baby Carrots, Peas, Cubed Cantaloupe, Apple Slices

6  
**Ash Wednesday \***

Cheese Nachos w/Lettuce, Salsa or Fish Sandwich w/Tartar HOT Refried Beans Romaine, Cucumber Slices, Green/Red Pepper Mix, Banana, Juice Cups

7  
Sloppy Joe on a Bun or Chicken Patty on a Bun Hot Wedged Potatoes WG Rice Krispie Treat Romaine, Radishes, Celery Sticks, Fresh Apples, Diced Pears

1  
1/2 Day - No Lunch

8  
Cheesy Italian Flatbread or Black Bean Burger on a Bun

A variety of fruits and vegetables are offered daily on our FV Bar

11  
Chicken Nuggets w/Ranch Sauce or Dinner Roll Roast Beef and Cheddar Sub Hot French Fries Romaine, Baby Carrots, Peas, Apples, Chilled Mixed Fruit

12  
Pizza Casserole or Chicken Ranch Wrap

Romaine, Cucumber, Cherry Tomatoes, Pineapple Tidbits, Diced Pears

13  
Beef Nachos w/Melted Cheese or Italian Sub Refried Beans Salsa Romaine, Broccoli, Zucchini, Bananas, Applesauce

14  
Diced Chicken w/Gravy over Mashed Potatoes and Dinner Roll or Mozzarella Dippers w/ Marinara Romaine, Green & Red Pepper Mix, Celery Sticks, Fresh Pears, Peaches

15  
Homemade Cheese Pizza or Homemade Green Pepper/Onion Pizza

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18  
BBQ Rib on a Bun or Popcorn Chicken w/Honey Mustard w/Dinner Roll Hot Tater Tots Romaine, Cherry Tomatoes, Cauliflower Fresh Apple, Pineapple Tidbits

19  
WG Rotini w/Meatballs w/Garlic Bread or All Beef Hot Dog on a Bun

Romaine, Baby Carrots, Peas, Fresh Pears, Diced Peaches

20  
Baked Potato w/Taco Meat/Cheese or HOT Turkey and Cheese HOT Baked Beans Romaine, Cucumber Slices, Green & Red Peppers, Fresh Banana, Diced Pears

21  
Swedish Meatballs over Buttered Egg Noodles and Dinner Roll or HOT Ham and Cheese Sliders Romaine, Sliced Radishes, Celery Sticks, Oranges, Pineapple Tidbits

22  
Homemade Cheese Pizza or Fish Sticks w/Tartar

A variety of fruits and vegetables are offered daily on our FV Bar

25  
Grilled Cheese w/Tomato Soup or Chicken Tender w/Dinner Roll WG Peanut Free Cookie Romaine, Baby Carrots, Peas, Fresh Apple, Diced Peaches

26  
Max Sticks w/Marinara or Beef Steak Burger on a Bun

Romaine, Cucumber Slices, Cherry Tomatoes, Fresh Orange, Apple Slices

27  
Chicken Fajitas w/ Flour Tortillas and Salsa or Turkey and Cheese Sub HOT Black Beans

Romaine, Fresh Broccoli, Julienne Zucchini, Fresh Banana, Juice Cups

28  
Salisbury Steak w/Gravy w/Dinner Roll or Spicy Chicken Patty on a Bun Hot Mashed Potatoes Romaine, Green & Red Peppers, Celery Sticks Fresh Grapes, Diced Pears

29  
\* Cheesy Italian Flatbread or Fish Sandwich on a Bun

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### Prices

Lunch	
DC-5th	\$3.20
6th - 8th	\$3.35
Milk	\$.45

### Contacts

If you have questions or comments, please call Chef Brian at 414-442-5854.

### Got Milk?

