

September 2018

Saint Basil Catholic School

LUNCH



School Information: School Lunches are \$3.25 and include an entrée, two sides and a choice of milk. Milk only is .50 cents. Lunch charges are billed every two weeks through RENWEB.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday

3

4

5

6

7

10

11

12

13

14

17

Mini Cheeseburger

Fresh Fruit

Carrot Sticks w/ Ranch

18

Chicken Salad

Celery Sticks

Pita and Apple Dippers

19

Baked Chicken Strips

Buttered Noodles

Fresh Fruit

20

Tomato-Cavatappi Soup

Grilled Cheese

Fresh Fruit

21

Cheese Ravioli, Marinara

Cucumbers

Fresh Fruit

24

Pizza Casserole

Ground Beef, Mozzarella and Pasta

Carrot sticks

Fresh Fruit

Lucky Tray Day

25

Apple & Cheese Quesadilla

Carrot Sticks

Grape Tomatoes

26

11:30 Dismissal

NO AFTERCARE

27

Mac & Cheese

Steamed Broccoli

Fresh Fruit

28

Sophie's Meatloaf

Mashed Potatoes

Steamed Vegetables

Hot Lunch Drawing

