



Don't forget  
to eat your  
vegetables

# St. Charles

## Lunch

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

February

2019

### MONDAY

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

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

1  
Homemade Cheese Pizza  
or Homemade Pepperoni  
Pizza

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

4  
Cheeseburger on a Bun  
or Macaroni and Cheese  
Hot Wedged Potatoes

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

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

6  
Walking Beef Tacos  
w/Lettuce, Tomato & Salsa  
or Golden Corn Dog  
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

Romaine, Radishes,  
Celery Sticks, Fresh  
Apples, Diced Pears  
WG Rice Krispie Treat

8  
Cheesy Italian Flatbread  
or  
Sausage Italian Flatbread

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

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

12  
Pizza Burger or Chicken  
Parmesan Sandwich

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

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

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

15  
No School

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

19  
1/2 Day  
No Lunch

20  
Baked Potato w/Taco  
Meat/Cheese or Chicken  
Tenders w/BBQ Sauce  
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, Fresh Pear,  
Applesauce

22  
Tony's Cheese Pizza or  
Tony's Sausage Pizza

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

25  
Grilled Cheese w/Tomato  
Soup or Mini Corn Dogs

Romaine, Baby Carrots,  
Peas, Fresh Apple, Diced  
Peaches  
WG PF Cookie

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

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

### Prices

Lunch	\$3.25
Milk	\$.05
Extra Entree	\$1.75

### Contacts

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

### Got Milk?

Milk choice of 1% White, Skim or Chocolate  
Skim is included with Breakfast.

