

# March 2019

## St. Luke Catholic School

### LUNCH



March 6<sup>th</sup> Ash Wednesday  
 March 13<sup>th</sup> Early Release 2 PM Dismissal  
 March 29<sup>th</sup> Spring Break



**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

St. Luke is an equal Opportunity provider



### Wednesday

Lunch \$3.00  
 Extra Entrée \$1.15  
 Entrée Only \$2.00  
 Extra Side \$0.50  
 Yogurt \$0.70

### Thursday

Offered Daily  
 Peanut Butter/Jelly  
 Ham/Cheese or Turkey/Cheese (Boar's Head)  
 Chef Salad  
 Lunchie Munchie  
 Fresh Fruit and Vegetables  
 Canned Fruit and Vegetables

### Friday

Cheese Tortellini  
 With Marinara Sauce  
 Milk

Chicken Parmesan  
 Spaghetti  
 Milk

4

French Toast Sticks  
 Sausage  
 Milk

5

Cheese Pizza  
 Milk

6

Pulled Pork  
 Oven Roasted Potato Medley  
 Milk

7

Tuna and Noodles  
 Milk

8

Teriyaki Chicken  
 Rice  
 Milk

11

Pepperoni Pizza  
 Milk

12

Corn Dog  
 Milk

13

Meat Ball Hoagie  
 Milk

14

Bosco Cheese Sticks  
 With Marinara Sauce  
 Milk

15

Oven Baked Chicken  
 Mashed Potatoes  
 Milk

18

Pepperoni Calzone  
 Milk

19

Breaded Chicken Sandwi  
 Milk

20

Walking Taco  
 Milk

21

Cheese Pizza  
 Milk

22

Hamburger  
 With or Without cheese  
 Milk

25

Spaghetti  
 With Meatballs  
 Milk

26

Chicken Nuggets  
 Milk

27

Hot Dogs  
 Milk

28

Spring Break

29