

St. Charles Borromeo School Lunch Menu

January 2020



Minnesota Thursday is a local menu day bringing in fruits, vegetables, proteins, and grains as seasonally available from within 300 miles of Roseville



Meal Prices
Lunch \$ 3.25
Adult Lunch \$4.00
Milk \$.50



Food allergy and special diet substitutes may be made available with a Special Diet Statment on file. Products have been made at the district's kitchens or locations where milk, eggs, soy, wheat, and other ingredients are used.



Application for Educational Benefits (Free/Reduced Meals) can be found at:
<https://frapp.isd623.org/>



Get menus on your phone with the web menu app from the app store. Go to app store and type in "Web Menus" by School Nutrition and Fitness.

Monday

Tuesday

Wednesday

Thursday

Friday



Harvest of the Month features a locally sourced vegetable in a made from scratch recipe!



6 Smoked Turkey & Cheese Sandwich Wedge
 MACARONI AND CHEESE(NEW)
 Steamed Broccoli
 Chilled Pears

7 Beef or Bean (V) Nachos
 Beefy Nachos
 Whole Grain Tortilla Rounds
 Fresh Nacho Fixings
 Fiesta Back Bean
 Chilled Peaches

8 Sweet and Sour Chicken
 Steamed Brown Rice
 Vegetarian Baked Egg Roll (V)
 Fried Rice (V)
 Salted Edamame
 Frosty PineappleTidbits
 Fortune Cookie

9 Rotisserie Chicken
 Drumstick
 Wowbutter & Grape Jelly
 Whole Grain Sandwich (V)
 Creamy Coleslaw
 Cheddar Biscuit
 Peach Cobbler
 Szechuan Green Beans

10 Hamburger
 Veggie Patty (V)
 Whole Grain Bun
 Crispy Potato Cubes
 Apple Wedges

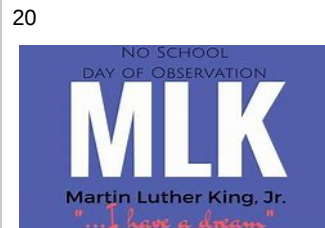
13 Breaded Chicken Tenders
 Toasted Cheese Sandwich (V)
 Parmesan Roasted Broccoli
 Whole Grain Biscuit
 Creamy Butter
 Mandarin Oranges

14 Italian Sausage Pizza
 Cheese Pizza (V)
 Garden Peas
 Cinnamon Applesauce

15 Smoked Turkey & Cheese on Sub Roll
 French Toast Sticks (V)
 Chicken Sausage Patty
 Hash Brown Patty
 Sweetened Strawberries

16 Meatballs & Marinara or Marinara & Mozzarella Cheese (V)
 Over Pasta
 Garlic Toast
 Romaine Salad
 Fresh Banana

17 Baked Chicken Corn Dog
 Seasoned Curly Fries
 Alfredo Over Bow Tie Pasta (V)
 Whole Grain Bread Stick
 Steamed Carrot Coins
 Mandarin Oranges

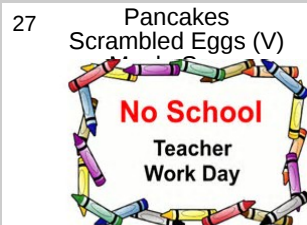


21 Beef or Bean (V) Taco
 Whole Grain Tortilla
 Fiesta Back Bean w/ Fresh Fixings
 Sour Cream
 Salsa
 Blueberries
 Romaine Salad

22 All Beef Hot Dog on Hot Dog Bun
 Cheese Lasagna Roll Up (V)
 Baked Chips
 Vegetarian Baked Beans
 Whole Grain Bread Stick
 Chilled Fruit Cocktail

23 Smoked Turkey & Cheese on Sub Roll
 Cheesy French Bread (V)
 w/
 Marinara Sauce
 Roast Broccoli
 Chilled Peaches

24 Mexican Beef Pizza
 Cheese Quesadilla Pizza (V)
 Mixed Vegetables
 Rich Chocolate Pudding
 Chilled Peaches



28 Bolognese Sauce or Marinara & Mozzarella Cheese (V)
 Over Pasta
 Steamed Broccoli
 Chilled Applesauce

29 Roast Chicken with Gravy
 Whole Grain Dinner Roll
 Toasted Cheese Sandwich (V)
 Fluffy Whipped Potatoes
 Golden Corn
 Chilled Peaches

30 Mandarin Orange Glazed
 Crispy Chicken
 Steamed Brown Rice
 Caprese Sliders (V)
 Fortune Cookie
 Salted Edamame
 Chilled Pear Slices

31 WG Breaded Fish Patty on a WG Bun
 Sub Roll
 Mini Cheese Ravioli with Marinara Sauce (V)
 Whole Grain Bread Stick
 Roasted Red Potatoes
 Frosty PineappleTidbits

