

# DECEMBER 2024



# St. Catherine Labouré ELEMENTARY LUNCH MENU

### What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price.

**Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch**

- Meat or meat alternate
- Choice of Vegetable
- Choice of Fruit
- Grain/Bread

Choice of Milk - 1% white, and fat-free chocolate

### Weekly Vegetable Subgroups May Include:

**Dark green** - spinach, broccoli, romaine and spring salad.

**Red/Orange** - carrots, sweet potatoes, tomatoes, red peppers

### Beans/Peas

**Starchy** - white potatoes, corn, and lima beans

**Other Vegetables:** celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

### Featured Fruit May Include:

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

**LEAVE YOUR LUNCHBOX AT HOME!  
DAILY ALTERNATES.**



**Craveable of the Week which could include:**

**Nacho with Chips and Salsa, Make your Own Pizza, Yogurt Cheese stick and Crackers, Breadstick Dipper, and more..**

## Monday

**NO SCHOOL**

## Tuesday

**3**

Nachos Grande  
Tortilla Chips

**Nacho  
Craveable**

### Featured Veggies:

Steamed Broccoli  
Choice of fruit  
Choice of Milk

## Wednesday

**4**

Waffles with  
Sausage Patty

**Nacho  
Craveable**

### Featured Veggies:

Seasoned Peas  
Choice of fruit  
Choice of Milk

## Thursday

**5**

Cheeseburger  
on a Whole Grain Roll

**Nacho  
Craveable**

### Featured Veggies:

Green Beans  
Choice of fruit  
Choice of Milk

## Friday

**6**

Pepperoni Pizza

**Nacho  
Craveable**

### Featured Veggies:

Glazed Carrots  
Choice of fruit  
Choice of Milk

**9**

Chicken Tenders

**PB & J  
Craveable**

### Featured Veggies:

Tater Tots  
Choice of fruit  
Choice of Milk

**10**

Macaroni & Cheese  
with Garlic Knot

**PB & J  
Craveable**

### Featured Veggies:

Roasted Broccoli  
Choice of fruit  
Choice of Milk

**11**

Chicken Patty  
Sandwich

**PB & J  
Craveable**

### Featured Veggies:

Baby Carrots  
Choice of fruit  
Choice of Milk

**12**

Royal Bowl  
Popcorn Chicken & Gravy

**PB & J  
Craveable**

### Featured Veggies:

Corn  
Choice of fruit  
Choice of Milk

**13**

French Bread  
Pizza

**PB & J  
Craveable**

### Featured Veggies:

Cole Slaw  
Choice of fruit  
Choice of Milk

**16**

Cheeseburger  
on a Whole Grain Roll

**Turkey & Cheese  
Craveable**

### Featured Veggies:

Vegetable TBD  
Choice of fruit  
Choice of Milk

**17**

Beef Tacos  
with Hard shell

**Turkey & Cheese  
Craveable**

### Featured Veggies:

Bell Pepper Strips  
Choice of fruit  
Choice of Milk

**18**

**Holiday Meal**  
Glazed Ham  
Scallop Potatoes  
Holiday Cookie  
**Turkey & Cheese Craveable**

### Featured Veggies:

Glazed Carrots  
Choice of fruit  
Choice of Milk

**19**

Spaghetti & Meatballs  
with Garlic Bread

**Turkey & Cheese  
Craveable**

### Featured Veggies:

Vegetable TBD  
Choice of fruit  
Choice of Milk

**20**

Cheese Pizza

**Turkey & Cheese  
Craveable**

### Featured Veggies:

Vegetable TBD  
Choice of fruit  
Choice of Milk

**23**

**NO SCHOOL**

**24**

**NO SCHOOL**

**25**

**NO SCHOOL**

**26**

**NO SCHOOL**

**27**

**NO SCHOOL**

**30**

**NO SCHOOL**

**31**

**NO SCHOOL**