

**St. Anthony/ New Brighton**  
  
**Middle/ High School**  
**Lunch Menu**  
**2017**



**Prices:**  
 Secondary: \$2.90  
 Adult Lunch: \$4.00  
 Milk: \$ .55  
 Deli, Salad Bar, fresh fruit & milk are available daily (Dietary substitutes available with physician's statement)



**Featuring Minnesota Thursday!**  
 This month will feature a **Smart Chicken Drumstick & local broccoli!**

*The menu is subject to change without notice . May contain allergens including but not limited to nuts, wheat, fish, soy & dairy. Substitutes available with physician's statement.*

Want to work in the cafeteria as a sub? Contact Linda Amundsen at 612-706-1017 or lamundsen@stanthony.k12.mn.us

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Swedish Meatballs</b> over Egg Noodles Steamed Mixed Vegetables <b>C2O- Chicken Parmesan</b> Mandarin Oranges 2	<b>Meatball Marinara Sub</b> on Whole Grain Bun Mozzarella Cheese Steamed Carrots <b>C2O- Cheese Pizza</b> Fresh Tropical Kiwi 3	<b>Brunch 4 Lunch!</b> Whole Grain French Toast Sticks Chicken Sausage Patty Oven Baked Tri Tator <b>C2O-Chicken Alfredo</b> Strawberries 4	<b>Roasted Chicken Drumsticks</b> Whole Grain Dinner Roll Parmesan Roasted Broccoli <b>C2O- Pepperoni Pizza</b> Chilled Peaches  5	<b>Whole Grain Cheese Calzone</b> Marinara Sauce Steamed Garden Peas Strawberry Banana Jonny Pop <b>CTO- Pasta with Meatsauce</b> Chilled Applesauce 6
<b>Chicken Mashed Potato Bowl</b> Mashed Potatoes & Gravy Whole Grain Popcorn Chicken Shredded Cheese, Corn Whole Grain Biscuit <b>C2O- Mandarin Orange Chicken</b> Frosty Pineapple Tidbits 9	<b>Baked Whole Grain Ziti</b> w/ Marinara Sauce & Mozzarella Cheese Steamed Carrots <b>C2O- Chicken Egg Roll &amp; Fried Rice</b> Chilled Fruit Cocktail 10	<b>Whole Grain Mac &amp; Cheese</b> Whole Grain Breadstick <b>Steamed Green Beans</b> <b>C2O- Asian Boneless Wings</b> Chilled Pears 11	<b>Cheesy French Bread with</b> Meat Sauce or Marinara Sauce Steamed Cauliflower <b>C2O- Teriyaki Chicken Stir Fry</b> Crisp Local Apple  12	<b>Brunch 4 Lunch!</b> Scrambled Eggs Belgian Waffle Sticks American Fries Whole Grain Muffin <b>C2O- Szechuan Chicken</b> Strawberries 13
<b>Cheese Lasagna Roll Up</b> Marinara Sauce Whole Grain Garlic Breadstick Steamed Broccoli <b>C2O- Chicken &amp; Cheese Quesadilla</b> Chilled Pears 16	<b>Chicken Nuggets</b> BBQ Sauce Potato Salad Steamed Green Beans <b>C2O- Chicken Tacos</b> Chilled Applesauce 17	<b>Roast Chicken &amp; Gravy</b> Fluffy Whipped Potatoes Whole Grain Dinner Roll Steamed Corn <b>C2O-Chicken Fajita Nachos</b> Chilled Peaches 18	<b>MEA Break</b> 19	<b>MEA Break</b> 20
<b>Swedish Meatballs</b> over Egg Noodles Steamed Mixed Vegetables <b>C2O- Chicken Parmesan</b> Mandarin Oranges 23	<b>Meatball Marinara Sub</b> on Whole Grain Bun Mozzarella Cheese Steamed Carrots <b>C2O- Cheese Pizza</b> Fresh Tropical Kiwi 24	<b>Brunch 4 Lunch!</b> Whole Grain French Toast Sticks Chicken Sausage Patty Oven Baked Tri Tator <b>C2O-Chicken Alfredo</b> Strawberries 25	<b>Toasted Cheese Sandwich</b> Tomato Soup Whole Grain Tortilla Rounds Hummus <b>C2O- Pepperoni Pizza</b> Chilled Peaches 26	<b>Whole Grain Cheese Calzone</b> Marinara Sauce Steamed Garden Peas Strawberry Banana Jonny Pop <b>CTO- Pasta with Meatballs</b> Chilled Applesauce 27
<b>Chicken Mashed Potato Bowl</b> Mashed Potatoes & Gravy Whole Grain Popcorn Chicken Shredded Cheese, Corn Whole Grain Biscuit <b>C2O- Mandarin Orange Chicken</b> Frosty Pineapple Tidbits 30	<b>Baked Whole Grain Ziti</b> w/ Marinara Sauce & Mozzarella Cheese Steamed Carrots <b>C2O- Chicken Egg Roll &amp; Fried Rice</b> Chilled Fruit Cocktail 31			

This institution is an equal opportunity provider & employer.

**Harvest of the Month!** Partnering with our local food Hub--The Good Acre--we will be featuring a local vegetable on our menu each month. Look for the symbol **Coming Soon!** Online interactive menus with nutrition, ingredient and allergen information! Watch for next month's menu posting!