

















| St. Anthony/ New Brighton   | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |
|---|---|---|--|---|--|
|   | <h1 style="color: orange;">September</h1>   |   |  |   |  |
|   |   |   |  |   | 1  |
| <b>Middle/ High School Lunch Menu 2017</b>  |   | <b>Chicken Nuggets</b>  | <b>Roast Chicken &amp; Gravy</b>   | <b>Ferndale Market Turkey Burger</b>  | <b>WG Breaded Fish Patty</b>    |
| <b>Prices:</b>  |   | BBQ Sauce   | Fluffy Whipped Potatoes  | Whole Grain Bun   | on Whole Grain Bun   |
| Secondary: \$2.90   |   | Potato Salad  | Whole Grain Biscuit  | Herb Roasted Zucchini & Summer Squash  | Tarter Sauce   |
| Reduced: Free of charge   |   | Steamed Green Beans   | Steamed Corn  | Triple Berry Jonny Pop  | Creamy Coleslaw  |
| Adult Lunch: \$4.00   |   | <b>C2O- Beef Tacos</b>  | <b>C2O-Poblano Chile &amp; Cheese</b>  | C2O- Beefy Nachos   | <b>C2O-Beef Burrito</b>  |
| Milk: \$ .55  | 4   | Chilled Applesauce  | Enchiladas   | Apple Wedges                           | Frosty Pineapple Tidbits   |
| Breakfast: \$2.15   |   |   | Chilled Peaches  |   | 8  |
| Deli, Salad Bar, fresh fruit & milk are available daily (Dietary substitutes available with physician's statement)          |   | <b>Swedish Meatballs over Egg Noodles</b>  | <b>Meatball Marinara Sub on Whole Grain Bun</b>  | <b>Brunch 4 Lunch!</b>  | <b>Toasted Cheese Sandwich</b>   |
|   |   | Steamed Mixed Vegetables  | Mozzarella Cheese  | Whole Grain French Toast Sticks   | Tomato Soup  |
|   |   | <b>C2O- Chicken Parmesan</b>               | Steamed Carrots  | Chicken Sausage Patty   | Whole Grain Tortilla Rounds  |
|   |   | Mandarin Oranges  | <b>C2O- Cheese Pizza</b>   | Oven Baked Tri Tator  | Hummus   |
|   | 11  |   | Fresh Tropical Kiwi  | <b>C2O-Chicken Alfredo</b>  | <b>C2O- Pepperoni Pizza</b>  |
|   |   |   |  | Sweetened Strawberries  | Chilled Peaches  |
|   |   |   | 12   |   | 14   |
|   |   |   |  |   | 15   |
|    |   | <b>Chicken Mashed Potato Bowl</b>   | <b>Baked Whole Grain Ziti w/ Marinara Sauce</b>  | <b>Whole Grain Mac &amp; Cheese</b>   | <b>Cheesy French Bread with Meat Sauce or Marinara Sauce</b>   |
|   |   | Mashed Potatoes & Gravy   | Mozzarella Cheese  | Whole Grain Breadstick  | Roasted Parmesan Zucchini  |
|   | Whole Grain Popcorn Chicken   | Steamed Carrots                           | <b>C2O- Asian Boneless Chicken Wings</b>   | Steamed Green Beans                    | <b>C2O- Teriyaki Chicken Stir Fry</b>  |
|   | Shredded Cheese   | <b>C2O- Chicken Egg Roll &amp; Fried Rice</b>   | Chilled Pears  | Chilled Pears   | Mandarin Oranges                |
|   | Steamed Corn  | Chilled Fruit Cocktail  |  |   | <b>C2O- Sweet &amp; Sour Chicken</b>   |
|   | Whole Grain Biscuit   |   |  |   | Blueberries  |
|   | <b>C2O- Mandarin Orange Chicken</b>   |   |  |   | 22   |
|   | Frosty Pineapple Tidbits 18   | 19  | 20   | 21  |  |
| <b>Nutrition Services is proud to introduce Minnesota Thursday! This month will feature a Ferndale Market Turkey Burger</b> |   | <b>Chicken Nuggets</b>  | <b>Roast Chicken &amp; Gravy</b>   | <b>Ferndale Market Turkey Burger</b>  | <b>WG Breaded Fish Patty</b>  |
|   | <b>Cheese Lasagna Roll Up</b>    | BBQ Sauce   | Fluffy Whipped Potatoes  | Whole Grain Bun   | on Whole Grain Bun   |
|   | Marinara Sauce  | Potato Salad  | Whole Grain Dinner Roll  | Herb Roasted Zucchini &   | Tarter Sauce   |
|   | Whole Grain Garlic Breadstick   | Steamed Green Beans   | Steamed Corn   | Summer Squash   | Creamy Coleslaw  |
|   | Steamed Broccoli   | <b>C2O- Chicken &amp; Cheese Quesadilla</b>   | <b>C2O- Chicken Tacos</b>  | Triple Berry Jonny Pop               | <b>C2O- Chicken Burrito</b>  |
|   | <b>C2O- Chicken &amp; Cheese Quesadilla</b>   | Chilled Applesauce  | Chilled Peaches  | <b>C2O- Smothered Beef Burrito</b>  | Frosty Pineapple Tidbits   |
|   | Chilled Pears   |   |  | Apple Wedges  |  |
|   | 25  | 26  | 27   | 28  | 29   |
| Want to work in the cafeteria as a sub? Contact Linda Amundsen at 612-706-1017 or lamundsen@stanthony.k12.mn.us             |    |   |  |   |  |
|   | Our Main, Cook2Order (C2O), Grill, & Deli lines have fun, healthy new offerings! Let us know what you think or what new items you would like to see on the menu!    |   |  |   |  |
|   | <b>Harvest of the Month!</b> 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! |   |  |   |  |
|   | <b>Coming Soon!</b> Online interactive menus with nutrition, ingredient and allergen information! Watch for next month's menu posting!                              |   |  |   |  |