

March 2020

ST. ALPHONSUS CATHOLIC SCHOOL

LUNCH



St. Alphonsus Catholic School
504 Jackson Avenue
Ocean Springs, MS 39564
PreK3 – 6th grade Menu



Nutrition Tip: March is National Nutrition Month! To celebrate try getting more creative in the kitchen and trying a new recipe or cuisine you haven't had before.

References: Academy of Nutrition & Dietetics

Monday

DR. SEUSS DAY! 2
Green Eggs & Ham
Truffula Tree Veggie Sticks
1 Fish, 2 Fish Crackers
Fruit Hats
Milk

Hot Ham & Cheese 9
Slider
Carrot & Celery Sticks w/
Ranch Dressing
Fruit
Milk

Grilled Cheese 16
Mixed Veggies
Fruit
Milk

Turkey or Ham Hoagie 23
served w/ lettuce,
tomato, & cheese
Yogurt w/ Granola
Goldfish Crackers
Fruit
Milk

Chicken Patty 30
Sandwich served w/
lettuce, tomato, & ranch
Side Salad
Baked Beans
Fruit
Milk

Tuesday

Chicken Soft Tacos 3
served w/ lettuce,
salsa, cheese, & sour cream
Refried Beans
Fruit
Milk

Beef (steak strips) & 10
Cheese Quesadilla
Mexicali Corn
Chips & Salsa
Fruit
Milk

Roast Beef Sandwich 17
Herbed Carrots
Au Gratin Potatoes
Fruit
Milk

Beef & Cheese Nachos 24
served w/ lettuce,
salsa, & sour cream
Spanish Rice
Black Bean & Corn Salsa
Fruit
Milk

BREAKFAST FOR LUNCH 31
Baked French Toast
Casserole w/ Syrup
Scrambled Eggs
Bacon
Fruit
Milk

Wednesday

Chicken Parmesan 4
Green Beans
Garlic Breadstick
Rice Krispie Treat
Milk

Chicken & Sausage 11
Gumbo
Side Salad
Saltine Crackers
Peach Cake
Milk

Sliced Turkey w/ 18
Gravy
Cheesy Rice
Sweet Potato Muffin
Chocolate Cake
Milk

Herb Chicken w/ Rice 25
Cucumber & Tomato
Salad
Pita Bread w/ Hummus
Strawberry Cake
Milk

Thursday

Hamburger served w/ 5
lettuce, tomato, cheese,
ketchup, mayo, & mustard
Baked Beans
Baked French Fries
Fruit
Milk

Turkey & Cheese 12
Pinwheels
String Cheese
Pasta Salad
Fruit
Milk

Chicken Alfredo 19
Green Peas
Garlic Toast
Fruit
Milk

Baked Ziti w/ 26
Italian Sausage
Side Salad
Garlic Breadstick
Fruit
Milk

Friday

Cheese Lasagna 6
Roasted Broccoli &
Cauliflower
Garlic Toast
Chocolate Pudding
Milk

Veggie Chili served w/ 13
sour cream &
shredded cheese
Corn Chips
Chocolate Chip Cookie
Milk

Cheese Pizza 20
Carrot & Celery Sticks
w/ Ranch Dressing
Fruit
Sugar Cookie
Milk

Fish Sandwich (cod) 27
Black Eyed Peas
Baked French Fries
Brownie
Milk

