

May 2021

ST. ALPHONSUS CATHOLIC SCHOOL

LUNCH



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



Fitness Tip: MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety.

Monday

Roast Beef Sandwich
Sauteed Snow Peas
Pretzels
Apricots
Milk

3

Tuesday

Scrambled Eggs
Bacon
Banan Muffin
Applesauce w/ Granola
Blueberries
Milk

4

Wednesday

Beef Nachos
Spanish Rice
Mexicali Corn
Mango
Milk

5

Thursday

Baked Ziti w/
Italian Sausage
Green Peas
Garlic Toast
Grapes
Milk

6

Friday

Red Beans & Rice
Side Salad
Saltine Crackers
Apple
Lemon Bar
Milk

7

Ham & Cheese
Croissant
Veggie Sticks w/ Ranch
Goldfish Crackers
Strawberries
Milk

10

Chicken Quesadilla
Roasted Cauliflower
Black Beans & Corn
Orange Slices
Snickerdoodle Cookie
Milk

11

Beef Tips w/ Noodles
Roasted Carrots
Green Peas
Yeast Roll
Orange Slices
Milk

12

Chicken Alfredo
Green Beans
Garlic Toast
Pears
Milk

13

Hamburger
Side Salad
Tater Tots
Applesauce w/ Cinnamon
Milk

14

Crispy Chicken
Sandwich
Sauteed Snow Peas
Pasta Salad
Apricots
Milk

17

Beef Soft Tacos
Mexicali Corn
Tortilla Chips w/ Salsa
Mango
Milk

18

Sliced Turkey
Mixed Vegetables
Mashed Potatoes
Yeast Roll
Peaches
Milk

19

Cheese or Pepperoni
Pizza
Kale & Apple Salad
Grapes
Banana Cake
Milk

20

Chicken & Waffles
Side Salad
Roasted Sweet Potatoes
Apple
Milk

21

Ranch Chicken Pasta
Shelled Edamame
Pretzels
Pineapple
Milk

24

Stir Fried Rice
Egg Roll
Whole Edamame
Pineapple
Milk

25

Turkey & Cheese Sandwich
Yogurt
Chips
Fruit
Cookie
Milk

26

27

28

31

