**9-12 SNP MENU – DEC 2024**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
|  | **2** | **3** | **4** | **5** | **6** |
| BREAKFAST  MEAL | [Soft Filled CTCB (2 oz)](https://usdanutrition.com/wp-content/uploads/2024/02/Soft-Filled-Cinnamon-Toast-Crunch-Bar-2.36-oz-2-eg-72.pdf)  1 Apple | [French Toast Sticks (2.25)](https://usdanutrition.com/wp-content/uploads/2023/02/French-Toast-Sticks-2.25-eq.pdf)  1 Banana, ½ c Orange Juice | [WG Cin Toast Crun Bowl (1 oz)](https://usdanutrition.com/wp-content/uploads/2023/04/Cereal-Cinnamon-Toast-Crunch-Bowl-Pack-and-Soft-Filled-Bar-1-eg-72-svc.pdf)  1 Pear, ½ c Apple Juice | [WG Chocolate Muffin](https://usdanutrition.com/wp-content/uploads/2024/11/3459271-2-oz.-Double-Chocolate-Muffin.pdf)  1 Orange + ½ c Grape Juice | [WG Gran](https://usdanutrition.com/wp-content/uploads/2023/02/Granola-Crispy-Bites-Appleways-1-eg.pdf) w/[Cherry Yog (5 oz)](https://usdanutrition.com/wp-content/uploads/2023/02/Dannon-yogurt-1-eg.pdf)  1 Pear + ½ c Orange Juice |
| Lunch MMA | [Philly Cheesesteak](https://usdanutrition.com/wp-content/uploads/2024/02/Philly-Cheesesteak-Sandwich-with-Chicken-Substitution-USDA-Recipe-combined.pdf)  1 c Corn (Starch)  ½ c Applesauce, 1 Banana  [WG Hoagie (2 oz)](https://usdanutrition.com/wp-content/uploads/2023/02/Hoagie-2-oz-2-eg-Rotellas-54-ea.pdf)) | [Chicken Tomato Bake (6 oz)](https://usdanutrition.com/wp-content/uploads/2024/02/Chicken-Tomato-Bake-USDA-Healthy-School-Recipes-1.pdf)  1 c Broccoli (Dark Grn)  1 c Mixed Fruit  [WG Noods + WG Roll (2 oz)](https://usdanutrition.com/wp-content/uploads/2024/03/Roll-and-WG-Noodles.pdf) | [WG Chicken Nuggets (3 oz)](https://usdanutrition.com/wp-content/uploads/2023/08/Chicken-Nuggets-n-Popcorn-Chicken-SPR-Recipe.pdf)  1 c Green Beans (Otr)  1 c Mixed Fruit  [WG Roll (1 oz)](https://usdanutrition.com/wp-content/uploads/2023/02/Pan-O-Gold-Whole-Grain-Roll-1-eg.pdf) | [Drumstick](https://usdanutrition.com/wp-content/uploads/2023/08/Baked-Chicken-Drumstick-or-Wings-Mississippi-USDA-Recipe.pdf)  (5.15 oz)  1 c Black Beans (Leg)  ½ c Pears, 1 Banana  [WG Brn Rice 4 oz](https://usdanutrition.com/wp-content/uploads/2024/03/USDA-Brown-Rice-Info-Sheet.pdf)  + [Roll](https://usdanutrition.com/wp-content/uploads/2023/02/Bakecrafters-WG-Roll-1-eq-1.pdf) (2 oz) | [WG Cheese Pizza (1 Slice)](https://usdanutrition.com/wp-content/uploads/2024/10/WG-Cheese-Pizza-Recipe-2-mma-2-eg-Red-Sauce.pdf)  1.25 c Carrots (R/O)  ½ c Pineapples, 1 Orange  [Grain in Crust ( 2 oz)](https://usdanutrition.com/wp-content/uploads/2024/10/Pizza-Crust-USDA-2-eg.pdf) |
| Veg |
| Fruit |
| Grain |
|  | **9** | **10** | **11** | **12** | **13** |
| BREAKFAST  MEAL | [WG Bagel w/CrmChs (2 oz)](https://usdanutrition.com/wp-content/uploads/2023/02/WG-Bagel-Bakecrafters-2.25-eg-1.pdf)  *1 Apple* | [WG Cin Toast Crun Bowl (1 oz)](https://usdanutrition.com/wp-content/uploads/2023/04/Cereal-Cinnamon-Toast-Crunch-Bowl-Pack-and-Soft-Filled-Bar-1-eg-72-svc.pdf)  1 Orange + ½ c Pineapples | [WG Apple Bites (2 oz)](https://usdanutrition.com/wp-content/uploads/2023/02/WG-Mini-Apple-Bites-2.75-oz-2-eg.pdf)  1 Banana + ½ c Apple Juice | [WG Waffles (2 .4oz)](https://usdanutrition.com/wp-content/uploads/2023/02/Snackin-Waffles-2.4-oz-96-case.pdf)  ½ c Peaches + ½ c Grape Juice | [Crois w/Cream Chs](https://usdanutrition.com/wp-content/uploads/2023/02/Croissant-Square-2.5-oz-2-eg-Baker-Boy-60-svc.pdf) (2.50 oz)  1 Pear + ½ c Orange Juice |
| Lunch MMA | [Mexicali Boat](https://usdanutrition.com/wp-content/uploads/2023/08/Mexicali-Taco-Boat-2.25-mma-w-sub.pdf)  1 c Fries (Starch)  ½ c Applesauce,, 1 Banana  [WG Roll (2 oz or 2 ea)](https://usdanutrition.com/wp-content/uploads/2023/02/Bakecrafters-WG-Roll-1-eq-1.pdf) | [Orange Chicken](https://usdanutrition.com/wp-content/uploads/2023/08/Orange-Chicken-California-DOE-Recipe-with-Brown-Rice.pdf)  1 c Broccoli (Dark Grn)  1 c Mixed Fruit  [WG Brn Rice (8 oz)](https://usdanutrition.com/wp-content/uploads/2024/03/USDA-Brown-Rice-Info-Sheet.pdf) | [Cheeseburger](https://usdanutrition.com/wp-content/uploads/2023/02/cheeseburger-usda-foods.pdf)  1 c Green Beans (Otr)  1 c Mixed Fruit  [WG Bun (2 oz)](https://usdanutrition.com/wp-content/uploads/2023/08/Whole-Grain-Hambrger-Buns-2-eg-Bake-Crafters.pdf) | [Spaghetti M/Sauce (8 oz)](https://usdanutrition.com/wp-content/uploads/2023/08/Spaghetti-and-Meat-Sauce-USDA-Recipe-8-oz.pdf)  1 c Baked Beans(Leg)  1 c Mixed Fruit  [WG Noods + WG Roll (2 oz)](https://usdanutrition.com/wp-content/uploads/2024/03/Roll-and-WG-Noodles.pdf) | [WG Cheese Pizza (1 Slice)](https://usdanutrition.com/wp-content/uploads/2024/10/WG-Cheese-Pizza-Recipe-2-mma-2-eg-Red-Sauce.pdf)  1.25 c Carrots (R/O)  ½ c Pineapples, 1 Orange  [Grain in Crust ( 2 oz)](https://usdanutrition.com/wp-content/uploads/2024/10/Pizza-Crust-USDA-2-eg.pdf) |
| Veg |
| Fruit |
| Grain |
|  | **16** | **17** | **18** | **19** | **20** |
| BREAKFAST MEAL | [WG Banana Muffin (2 oz)](https://usdanutrition.com/wp-content/uploads/2023/04/Banana-Muffin-2-oz-1-eg-72-svc-160-.5-100.pdf)  *1 Apple* | [Soft Filled CTCB (2 oz)](https://usdanutrition.com/wp-content/uploads/2024/02/Soft-Filled-Cinnamon-Toast-Crunch-Bar-2.36-oz-2-eg-72.pdf)  1 Orange + ½ c Pineapples | [WG Bagel w/CrmChs (2 oz)](https://usdanutrition.com/wp-content/uploads/2023/02/WG-Bagel-Bakecrafters-2.25-eg-1.pdf)  1 Banana + ½ c Apple Juice | [WG Blueberry Muffin](https://usdanutrition.com/wp-content/uploads/2023/04/Blueberry-Muffin-1-oz-2-eg-72-svc-160.595-Bake-Crafters.pdf) (2 oz)  ½ c Peaches + ½ c Grape Juice | [WG Cin Toast Crun Bowl (1 oz)](https://usdanutrition.com/wp-content/uploads/2023/04/Cereal-Cinnamon-Toast-Crunch-Bowl-Pack-and-Soft-Filled-Bar-1-eg-72-svc.pdf) Pear + ½ c Orange Juice |
| Lunch MMA | [Chopped Cheese Steak](https://usdanutrition.com/wp-content/uploads/2024/02/Philly-Cheesesteak-Sandwich-with-Chicken-Substitution-USDA-Recipe-combined.pdf)  1 c Corn (Starch)  ½ c Applesauce,, 1 Banana  [WG Hoagie (2 oz)](https://usdanutrition.com/wp-content/uploads/2023/02/Hoagie-2-oz-2-eg-Rotellas-54-ea.pdf) | [Sambusa (1 ea)](https://usdanutrition.com/wp-content/uploads/2023/09/Chicken-Beef-Sambusa-Wrap-USDA-Recipe.-combined_1.pdf)  1 c Broccoli (Dark Grn)  1 c Mixed Fruit  [WG Bun (2 oz)](https://usdanutrition.com/wp-content/uploads/2023/08/Whole-Grain-Hambrger-Buns-2-eg-Bake-Crafters.pdf) | [Chicken n Noodles (8 oz)](https://usdanutrition.com/wp-content/uploads/2024/10/Chicken-and-Noodles-2-oz-M-1-eg.pdf)  1 c Green Beans (Otr)  1 c Mixed Fruit  [WG Noods + WG Roll (2 oz)](https://usdanutrition.com/wp-content/uploads/2024/03/Roll-and-WG-Noodles.pdf) | [Baked Zitti (6 oz](https://usdanutrition.com/wp-content/uploads/2023/10/Italian-Ground-Beef-Pasta-Bake-2-mma-1-eg.pdf))  ½ c Chick Peas (Otr)  1 c Mixed Fruit  [WG Noods + WG Roll (2 oz)](https://usdanutrition.com/wp-content/uploads/2024/03/Roll-and-WG-Noodles.pdf) | [WG Cheese Pizza (1 Slice)](https://usdanutrition.com/wp-content/uploads/2024/10/WG-Cheese-Pizza-Recipe-2-mma-2-eg-Red-Sauce.pdf)  1.25 c Carrots (R/O)  ½ c Pineapples, 1 Orange  [Grain in Crust ( 2 oz)](https://usdanutrition.com/wp-content/uploads/2024/10/Pizza-Crust-USDA-2-eg.pdf) |
| Veg |
| Fruit |
| Grain |
|  | **23** | **24** | **25** | **26** | **27** |
| BREAKFAST MEAL | [WG Bagel w/Crm Chs (2 oz)](https://usdanutrition.com/wp-content/uploads/2023/02/WG-Bagel-Bakecrafters-2.25-eg-1.pdf)  *1 Apple* | [WG Chocolate Cres Roll (2.29 oz)](https://usdanutrition.com/wp-content/uploads/2024/02/Choc-Crescent-Roll-2.29-oz-2-eg-combined-compressed.pdf)  1 Orange + ½ c Pineapples | [WG Apple Bites (2 oz)](https://usdanutrition.com/wp-content/uploads/2023/02/WG-Mini-Apple-Bites-2.75-oz-2-eg.pdf)  1 Banana + ½ c Apple Juice | [Mini Maple Bites (2 oz)](https://usdanutrition.com/wp-content/uploads/2024/02/Mini-Maple-Waffles-Pillsbury-2.47-2-eg.pdf)  ½ c Peaches + ½ c Grape Juice | [WG Cin Toast Crun Bowl (1 oz)](https://usdanutrition.com/wp-content/uploads/2023/04/Cereal-Cinnamon-Toast-Crunch-Bowl-Pack-and-Soft-Filled-Bar-1-eg-72-svc.pdf)  1 Pear + ½ c Orange Juice |
| Lunch MMA | [Chicken Burrito](https://usdanutrition.com/wp-content/uploads/2024/08/Chicken-Burrito-USDA-Healthy-School-Recipes-2mma-and-2-eg.pdf)  1 c Peas (Starch)  ½ c Applesauce,1 Banana  [WG Noods + WG Roll (2 oz)](https://usdanutrition.com/wp-content/uploads/2024/03/Roll-and-WG-Noodles.pdf) | [Chicken Creole Bowl (4 oz)](https://usdanutrition.com/wp-content/uploads/2024/10/Louisiana-Saucy-Creole-Enchilada-Bowl-schools-50-100-servings-09-19-2024-v2-2.5-mma-2-eg.pdf)  1 c Broccoli (Dark Grn)  1 c Mixed Fruit  [WG Brn Rice 8 oz](https://usdanutrition.com/wp-content/uploads/2024/03/USDA-Brown-Rice-Info-Sheet.pdf) | [Drumstick](https://usdanutrition.com/wp-content/uploads/2023/08/Baked-Chicken-Drumstick-or-Wings-Mississippi-USDA-Recipe.pdf)  (5.15 oz)  1 Green Beans (Otr)  1 c Mixed Fruit  [WG Brn Rice 4 oz](https://usdanutrition.com/wp-content/uploads/2024/03/USDA-Brown-Rice-Info-Sheet.pdf)  + [Roll](https://usdanutrition.com/wp-content/uploads/2023/02/Bakecrafters-WG-Roll-1-eq-1.pdf) (2 oz) | [Chicken Burger (3.19)](https://usdanutrition.com/wp-content/uploads/2023/04/WG-Chicken-Pattie-Tyson-3.19-oz-2mma-1-eg-52-ea.pdf)  1 c Baked Beans (Leg)  1 c Mixed Fruit  [WG Bun (2 oz)](https://usdanutrition.com/wp-content/uploads/2023/08/Whole-Grain-Hambrger-Buns-2-eg-Bake-Crafters.pdf) | [WG Cheese Pizza (1 Slice)](https://usdanutrition.com/wp-content/uploads/2024/10/WG-Cheese-Pizza-Recipe-2-mma-2-eg-Red-Sauce.pdf)  1.25 c Carrots (R/O)  ½ c Pineapples, 1 Orange  [Grain in Crust ( 2 oz)](https://usdanutrition.com/wp-content/uploads/2024/10/Pizza-Crust-USDA-2-eg.pdf) |
| Veg |
| Fruit |
| Grain |
|  | **30** | **31** | [FOR SPECIAL DIETS CLICK HERE](https://www.cdc.gov/diabetes/healthy-eating/carbohydrate-lists-starchy-foods.html?CDC_AAref_Val=https://www.cdc.gov/diabetes/managing/eat-well/diabetes-and-carbs/carbohydrate-choice-lists.html) | **28** | **29** |
| BREAKFAST MEAL | [WG Banana Muffin (2 oz)](https://usdanutrition.com/wp-content/uploads/2023/04/Banana-Muffin-2-oz-1-eg-72-svc-160-.5-100.pdf)  *1 Apple* | [WG Cin Toast Crun Bowl (1 oz)](https://usdanutrition.com/wp-content/uploads/2023/04/Cereal-Cinnamon-Toast-Crunch-Bowl-Pack-and-Soft-Filled-Bar-1-eg-72-svc.pdf)  1 Orange + ½ c Pineapples |  | [WG Blueberry Muffin](https://usdanutrition.com/wp-content/uploads/2023/04/Blueberry-Muffin-1-oz-2-eg-72-svc-160.595-Bake-Crafters.pdf) (2 oz)  ½ c Peaches + ½ c Grape Juice | [Soft Filled CTCB (2 oz)](https://usdanutrition.com/wp-content/uploads/2024/02/Soft-Filled-Cinnamon-Toast-Crunch-Bar-2.36-oz-2-eg-72.pdf)  1 Pear + ½ c Orange Juice |
| Lunch MMA | [Chicken Philly (1 ea)](https://usdanutrition.com/wp-content/uploads/2024/02/Philly-Cheesesteak-Sandwich-with-Chicken-Substitution-USDA-Recipe-combined.pdf)  1 c Peas (Starch)  ½ c Applesauce,1 Banana  [WG Hoagie (2 oz)](https://usdanutrition.com/wp-content/uploads/2023/02/Hoagie-2-oz-2-eg-Rotellas-54-ea.pdf)) | [Chicken Curry Sandwich 3 oz](https://usdanutrition.com/wp-content/uploads/2023/10/Chicken-Curry-Salad-3-oz-2-mma.pdf)  1 c Broccoli (Dark Grn)  1 c Mixed Fruit  [WG Brn Rice 8 oz](https://usdanutrition.com/wp-content/uploads/2024/03/USDA-Brown-Rice-Info-Sheet.pdf) |  | [WG Chkn Parmesan (1 ea)](https://usdanutrition.com/wp-content/uploads/2023/10/chicken-parmesan-usda-foods-2.25-mma-2-eg.pdf)  Baked Beans  1 c Mixed Fruit  [WG Bun (2 oz)](https://usdanutrition.com/wp-content/uploads/2023/08/Whole-Grain-Hambrger-Buns-2-eg-Bake-Crafters.pdf) | [WG Cheese Pizza (1 Slice)](https://usdanutrition.com/wp-content/uploads/2024/10/WG-Cheese-Pizza-Recipe-2-mma-2-eg-Red-Sauce.pdf)  1.25 c Carrots (R/O)  ½ c Pineapples, 1 Orange  [Grain in Crust ( 2 oz)](https://usdanutrition.com/wp-content/uploads/2024/10/Pizza-Crust-USDA-2-eg.pdf) |
| Veg |
| Fruit |
| Grain |

All fruit is at least a combined total of 1 c – All veg is 1 c except Red/Orange Day the serving is 1.25 oz–No pork/pork by products, fish or nuts served. Breakfast and Lunch meals include skim, 1% milk or FF Flavored Milk. **All menu change requests and inquiries must be submitted via email to info@stpaulrestaurantinc.com**

This institution is an equal opportunity provider