

April 2010

St. Matthew's School



News

Monday	Tuesday	Wednesday	Thursday	Friday
** Carbohydrates are based on avg. size with approximate values.			Bruno's Pizza 50g ¹ Tossed Salad 3g Mixed Fruit 19g Brownie 34g	Good Friday ² No School/No Hot Lunch
Spring Break ⁵ No Hot Lunch	Spring Break ⁶ No Hot Lunch	Spring Break ⁷ No Hot Lunch	Spring Break ⁸ No Hot Lunch	Spring Break ⁹ No Hot Lunch
Cheeseburgers ¹² 32g French Fries 22g Green Beans 3g Pears 20g	Fettuccini Alfredo ¹³ 42g Breadsticks 28g Key West Veg. 7g Mandarin Orange 17g	Taco's ¹⁴ 19g Lettuce & Tomato 7g Spanish Rice 46g Pineapple 20g	Chicken Patty ¹⁵ 45g Mashed Potatoes 17g Gravy 6g Corn 17g Peaches 17g	Pizza ¹⁶ 45g Malibu Vegetable 7g Applesauce 21g Rice Krispies 34g
BBQ Pulled Pork ¹⁹ 45g Scalloped Potato 22g Corn 17g Pineapple 20g	Baked Mostaccioli ²⁰ w/meatsauce 38g California Blend 5g Garlic Bread 20g Pears 20g	General Tso's ²¹ 10 pcs = 23g Rice 30g Broccoli 5g Mandarin Orange 17g	Pizza ²² 45g Tossed Salad 3g Mixed Fruit 19g Oreo Cookie 16g	Chicken Fajita's ²³ 20g Lettuce & Tomato 7g Chips & Salsa 10 chips = 20g Peaches 17g
Meatball Sandwich ²⁶ 40g Chips 15g Carrots 5g Applesauce 21g	Turkey ²⁷ Sandwich 35g Augratin Potatoes 22g Green Beans 3g Mixed Fruit 19g	Chicken Tenders ²⁸ 24g Mashed Potatoes 17g Gravy 6g Corn 17g Peaches 17g	Bruno's Pizza ²⁹ 50g Tossed Salad 3g Pineapple 20g Pudding 23g	Chicken Teriyaki ³⁰ 31g Fried Rice w/Veggies 35g Pears 20g Fortune Cookie 5g

