

# St. Anastasia Catholic School Lunch Menu 2021/2022



Weekly Menu		Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Main Entrée Week 1</b>	Chicken Alfredo	Teriyaki Chicken w/ lo mein	Nachos	Shepherd's Pie	Fish & Sweet Chips
	<b>Main Entrée Week 2</b>	Pasta w/meat sauce	Tangerine Chicken w/ fried rice	Nachos	Caribbean Chicken	Jamaican Beef Patty
	<b>Veggies Week 1</b>	broccoli	Teriyaki vegetables	black beans	seasoned corn	sweet potato fries
	<b>Veggies Week 2</b>	broccoli	Teriyaki vegetables	black beans	plantains	sweet potato fries
	<b>Fresh from the bakery</b>	garlic rolls	blueberry bread	banana bread	sweet potato	chocolate chip zucchini bread
Daily Offerings	<b>Chef Salads</b>	Farm Fresh Market Salad Double Cheese	Farm Fresh Market Salad Ham & Cheese	Farm Fresh Market Salad Egg	Farm Fresh Market Salad Turkey & Cheese	Farm Fresh Market Salad Cobb
	<b>Sandwiches</b>	Turkey & Cheese	Chicken Sandwich	Ham & cheese	Hamburger Cheese burger	Hot Dog
	<b>Pizza Friday</b>					Cheese Pizza Pepperoni Pizza
	<b>Garden Salad</b>	Shaker Side Salad	Shaker Side Salad	Shaker Side Salad	Shaker Side Salad	Shaker Side Salad
	<b>Vegetable</b>	Baby Carrots & Fresh Fruit/	Baby Carrots & Fresh Fruit/	Baby Carrots & celery Fresh Fruit/	Baby Carrots & Fresh Fruit/	Baby Carrots & Fresh Fruit/
	<b>Cupped Fruit/</b>	Cupped Fruit/	Cupped Fruit/	Cupped Fruit/	Cupped Fruit/	Cupped Fruit/
	<b>Milk</b>	Milk - all flavors	Milk - all flavors	Milk - all flavors	Milk - all flavors	Milk - all flavors

This institute is an equal employment opportunity provider.

This menu is subject to change based on availability. Menus and meals provided by St. Lucie Public Schools

# St. Anastasia Catholic School Breakfast Menu 2021/2022

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		Weekly Menu		Main Entrée Week 1	Cinnamon Apple Bread	Frittata	French Toast sticks
Main Entrée Week 2	Egg & Cheese Omelet			Sausage Pancake Stick	Breakfast Pizza	Egg & Cheese Croissant	Apple French Toast Bake
Main Entrée Week 3	Mini-pancakes			Chicken & waffle breakfast sandwich	Cheese Omelet	Egg & Cheese Biscuit	Maple Breakfast Tacos
Daily Options		Cereal w/graham	Cereal w/graham	Cereal w/graham	Cereal w/graham	Cereal w/graham	
		Grain Choice	Assorted Pop-Tarts	Assorted Pop-Tarts	Assorted Pop-Tarts	Assorted Pop-Tarts	Assorted Pop-Tarts
		Protein Choice	PB&J Uncrustable	PB&J Uncrustable	PB&J Uncrustable	PB&J Uncrustable	PB&J Uncrustable
			Yogurt w/Grahams	Breakfast Parfait	Yogurt w/Grahams	Breakfast Parfait	Yogurt w/Grahams
		Fruit Choice		Diced Peaches	Banana	Diced Pears	
			Orange Juice	Orange Juice	Orange Juice	Orange Juice	Orange Juice
			Milk - all flavors	Milk - all flavors	Milk - all flavors	Milk - all flavors	Milk - all flavors