



St. Andrew's Menu

January 30 - February 3



Week

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Café Classics	Pizza Tater barrels Green Beans	Chopped Beef Steak Broccoli w/Cheese Red Potatoes w/Parsley Butter Garlic Bread	Beef Taco w/Cheese, Shredded Lettuce Refried Beans Spanish Rice	Hamburger Slider French Fries Broccoli & Cauliflower	Beef Steak Fingers Black eyed Peas Turnip Greens Roll
	Low Fat Milk 8 oz	Low Fat Milk 8 oz	Low Fat Milk 8 oz	Low Fat Milk 8 oz	Low Fat Milk 8 oz
Healthy Choice	Parmesan Lemon Tilapia Green Beans Cinnamon Apples Roll	Rosemary Chicken Broccoli w/Cheese Red Potatoes w/Parsley Butter Garlic Bread	Beef Patty Melt Sandwich Mac & Cheese Lima Beans	Baked Chicken Broccoli & Cauliflower Pasta Salad	Crispy Baked Fish Black eyed Peas Turnip Greens Roll
	Low Fat Milk 8 oz	Low Fat Milk 8 oz	Low Fat Milk 8 oz	Low Fat Milk 8 oz	Low Fat Milk 8 oz
Option C	Baked Potato Margarine/Sour Cream Tossed Green Salad w/ Dressing	Baked Potato Margarine/Sour Cream Tossed Green Salad w/ Dressing	Baked Potato Margarine/Sour Cream Tossed Green Salad w/ Dressing	Baked Potato Margarine/Sour Cream Tossed Green Salad w/ Dressing	Baked Potato Margarine/Sour Cream Tossed Green Salad w/ Dressing

Nutritional Analysis: Option A = 1, Option B = 2, Option C = 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Calories (kcal)	539/483/995	739/753/995	694/618/995	383/676/995	669/876/995
Protein (gm)	17/33/53	36/56/53	42/49/53	22/84/53	44/58/53
Fat (gm)	20/16/35	44/36/35	35/21/35	21/23/35	21/28/35
Carbohydrates (gm)	78/57/124	51/53/124	51/57/124	28/30/124	76/97/124

+ Indicates nutrient information of meal components without inclusion of Papa Johns Pizza nutrient information

* Indicates nutrient value calculated from partial information