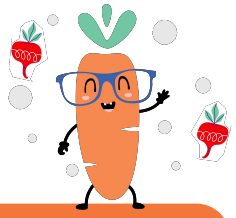
St. Rose of Lima School LUNCH MENU

December 2026

EAT SMART
BE SMART



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Orange Chicken over Rice Bacon Egg & Cheese on a Bagel w/ Hash Browns Mixed Veggies Fruit Choice	1 Chicken & Cheese Quesadilla w/ Yellow Rice BBQ Pulled Pork Sandwich Corn Fruit Choice	2 Chicken Filet Sandwich Mini Corn Dogs French Fries Fruit Choice	3 Cheesesteak Chocolate Chip Waffles w/ Sausage Links Tater Tots Fruit Choice	4 Pizzeria Pizza (V) Grilled Cheese w/ Cheezits(V) Veggie Patch Fruit Choice
7 Breaded Chicken Tenders with Mini Waffles Pulled Pork Sandwich Green Beans Fruit Choice	8 	9 Chicken Alfredo over Penne with Garlic Bread GF OPTIONS AVAILABLE Pizza Crunchers (V) Broccoli Fruit Choice	10 Bacon Cheeseburger Taco Salad w/ Salsa & Sour Cream GF OPTIONS AVAILABLE Tater Tots Fruit Choice	11 Pizzeria Pizza(V) Garden Salad w/ Hard Boiled Egg and Dinner Roll(V) GF OPTIONS AVAILABLE Veggie Patch Fruit Choice
14 Chicken Parm Sandwich Chef Salad w/ Dinner Roll (V) GF OPTIONS AVAILABLE Broccoli Fruit Choice	15 Beef Nachos GF OPTIONS AVAILABLE Chicken Bacon Ranch Flatbread Golden Corn Fruit Choice	16 French Toast Sticks (VG) with Sausage Links Pepperoni & Cheese Pretzel Melt Hash Browns Fruit Choice	17 Mac & Cheese (V) Turkey & Cheese BLT Wrap Glazed Carrots Fruit Choice	18 Pizzeria Pizza (V) Grilled Cheese w/ Cheezits (V) Veggie Patch Fruit Choice
21 Popcorn Chicken w/ Buttered Noodles Mini Corn Dogs Glazed Carrots Fruit Choice	22 Turkey & Mashed Potato Bowl w/ Corn & Stuffing GF OPTIONS AVAILABLE Pizza Bagels Green Beans Fruit Choice	Early Dismissal 23 *No Lunch Service* 	24 	25 
28 	29 	30 	31 	1 

MAKE IT A MEAL!

Choose at least 3 of 5 meal components for the school lunch price: Meat/Meat Alternative, Whole Grain, Fruit, Vegetable, Milk

A minimum ½ cup serving of fruit or vegetable must accompany a lunch.

Lunch Prices

Student	$4.95
Adult	$5.50

Available Daily

-PB & J Uncrustable Craveable: *PB&J, String Cheese, Apple Slices, Goldfish*
-Cereal Meal: *Assorted Cereal Cup, Yogurt, Apple Slices, Gold Fish*
-Chicken Nuggets w/ Goldfish and daily fruit and vegetable choice (UNAVAILABLE ON FRIDAYS)

Fruit & Veggie Selection

Whole Fruit or Cupped Fruit
Veggie Patch: assorted cut vegetables

Students may choose two ½ cup servings.

Milk Selection

1% White, Fat Free Chocolate

Your Dining Services Team

Alison Peters, Food Service Director
Alison.Peters@metzcorp.com

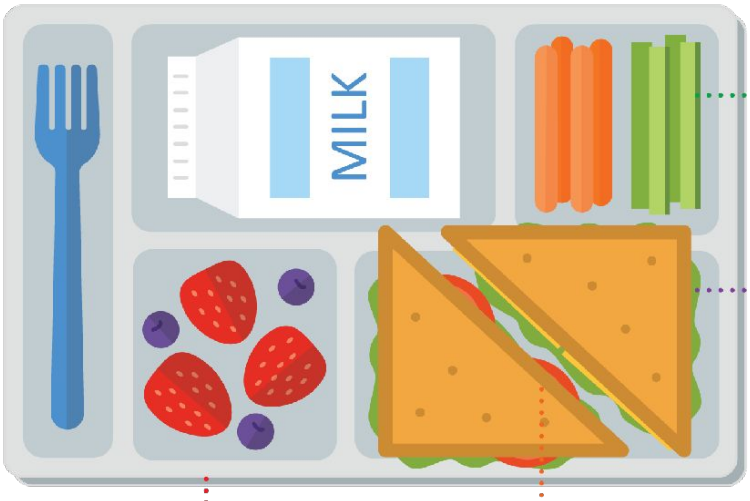
Phone:856-546-6166

Hannah Vail, Food Service Manager
Hannah.Vail@metzcorp.com

(V) Vegetarian | (VG) Vegan
(GF) Gluten-Free

Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.

Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES



MILK IS MIGHTY
Non-fat and low fat options. Flavors like chocolate and strawberry. Calcium builds bones and teeth!

GNAW ON RAW
Veggie Patch, salad, and cooked. Veggies have fiber for digestion

POWER UP WITH PROTEIN
Meat, cheese, eggs, yogurt, and peanut butter. Protein helps us grow!

WHOLE GRAINS = WHOLE PACKAGE
Bread, cereal, and crackers. Grains give us energy!

PURSUIT FOR FRUIT
Fresh, cupped, or 100% juice, fruit is nutrient-packed!

MAKE IT A MEAL!

Choose at least 3 of 5 meal components for the school lunch price:

Meat/Meat Alternative, Whole Grain, Fruit, Vegetable, Milk

A minimum of ½ cup serving of fruit or vegetable must accompany a school lunch.

LUNCH PRICES

Student Lunch:	$4.95
Adult Lunch:	$5.50
Additional Entree:	$2.50

What's new this month:

-Chicken Bacon Ranch Flatbread
-Bacon, Egg & Cheese on a bagel
-Macaroni & Cheese

Meet Your nutritious friends



Try kale on the menu this month!

Kale has more than twice the vitamin C as an orange. One cup of chopped kale has 134% of your recommended daily intake of vitamin C! Kale is a great source of omega-3 fatty acids that are essential for brain health, and boosts heart health! One of the best things about it is that unlike many veggies, cooking kale doesn't diminish any of its nutritional benefits.

Alison Peters, Food Service Director alison.peters@metzcorp.com
Phone: 856-546-6166
Hannah Vail, Food Service Manager hannah.vail@metzcorp.com

NUTRI-SERVE FOOD MANAGEMENT, INC. by Metz