

St. Brigid Food Service 2016-2017

Welcome back! We have some new and exciting meals to offer this year. We are also excited to do more “scratch” cooking. Have a great school year and feel free to contact me with any questions!

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Alternative Meals:

#1 Super Silk®: Silk yogurt, sliced in season fresh fruit, & Cinnamon Chips (all items are Vegan)

#2: Perfect Parfait: Yogurt, in season fresh fruit, and homemade granola

#3: Pizza Lunchable: Flat bread, pizza sauce, and mozzarella cheese to make your own pizza

Veggie Bar:

Standard items for salad bar. *Availability based on season and stock on hand:*

- **Romaine Lettuce**
- **Spinach**
- **Peas**
- **Carrots**
- **Celery**
- **Beans (black, kidney, or garbanzo)**
- **Tomatoes**
- **Broccoli**
- **Cauliflower**
- **Peppers**
- **Mushrooms**
- **Shredded Cheese**
- **Cottage Cheese or Sliced Eggs or Chopped Eggs**
- **Choice of Grain: Pita, Crackers, pasta salad, croutons, or Cinnamon Chips**
- **Choice of Dressing: Ranch, Italian, or Honey Mustard**