

Middle School/High School Menu

Middle school lunch—free
 High school lunch— free
 Extra milk \$0.40
 Adult \$3.75



Daily Garden bar offers vegetables and fruits.
 Variety of Condiments and Milk offered daily.

A meal consists of one main entrée, choice of fruit, vegetables and 1/2 pint milk.

SMSA 6th-8th/HIGH LUNCH MENU

MAIN ENTRÉES OFFERED ARE LISTED FIRST

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Corn Dog on a stick BBQ chicken flatbread Cheeseburger Seasoned French fries	2 Hot ham&cheese sandwich Fish sandwich Cheeseburger Corn Black bean salsa Tostitos Scoops
5 Popcorn chicken Deli combo sub Cheeseburger Savory brown rice Stir fried vegetables Rice Krispie treat	6 Hot dog on a bun Yogurt parfait Cheeseburger Chocolate chip cookie French fries Baked beans	7 Pasta & meatballs w/garlic bread Egg roll Cheeseburger Green beans Snack mix	8 In-service no lunch served	9 In-service no lunch served
12 Cheese pizza Chicken Salad Croissant Cheeseburger Emoji Potatoes	13 Macaroni & cheese w/breadstick Yogurt parfait Cheeseburger Roasted broccoli	14 Chicken nuggets w/Dinner roll Turkey Club Sandwich Cheeseburger Mashed potatoes	15 Pancakes w/Breakfast sausage Chef Salad Cheeseburger Hash brown rounds	16 Bosco Sticks Fish sandwich Cheeseburger Baked beans Marinara sauce Sunchips
19 Chicken quesadilla Philly steak sandwich Cheeseburger Saucy refried beans Cheddar cheez-it crackers	20 Breaded Chicken sandwich Yogurt parfait Cheeseburger Potato wedges Steamed carrots	21 Cheesy bites Calzone Cheeseburger Marinara sauce Peas & carrots Snack mix	22 Corn Dog on a stick BBQ chicken flatbread Cheeseburger Seasoned French fries	23 Walking taco Shrimp poppers Cheeseburger Saucy refried beans
26 Popcorn chicken Deli combo sub Cheeseburger Savory brown rice Stir fried vegetables Rice Krispie treat	27 Hot dog on a bun Yogurt parfait Cheeseburger French fries Baked beans Chocolate chip cookie	28 Pasta & meatballs w/garlic bread Egg roll Cheeseburger Green beans Snack mix	29 BBQ pork sandwich Ham & Swiss sandwich Cheeseburger Roasted sweet potatoes Cheddar cheez-it crackers	30 Early Release No lunch served

Menu subject to change without notice

St. Mary's Springs Academy is an equal opportunity provider