

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
<p>29</p> <p>Popcorn chicken            Deli combo sub            Cheeseburger            Savory brown rice            Stir fried vegetables            Rice Krispie treat</p>	<p>30</p> <p>Pancakes            w/Breakfast sausage            Yogurt parfait            Cheeseburger            Tater tots</p>	<p>31</p> <p>Turkey haystack            w/Dinner roll            Turkey Pretzel sandwich            Cheeseburger            Mashed potatoes            Roasted broccoli            Sunchips</p>	<p>1</p> <p>Grilled cheese            Philly steak sandwich            Cheeseburger            Seasoned French fries</p>	<p>2</p> <p>VACATION            No lunch served</p>
<p>5</p> <p>VACATION            No lunch served</p>	<p>6</p> <p>Bosco Sticks            Yogurt parfait            Cheeseburger            Baked beans            Marinara sauce            Sunchips</p>	<p>7</p> <p>Teriyaki chicken            Buffalo Chicken Croissant            Cheeseburger            Savory brown rice            Stir fried vegetables            Rice Krispie treat</p>	<p>8</p> <p>Peppy pizza bake            w/garlic bread            Breakfast pizza            Cheeseburger            Steamed carrots            JonnyPop</p>	<p>9</p> <p>BBQ pork sandwich            Fish sticks            Cheeseburger            Roasted sweet potatoes            Cheetos Snacks</p>
<p>12</p> <p>Chicken nuggets            w/Dinner roll            Sausage waffle sandwich            Cheeseburger            Mashed potatoes            Snack mix</p>	<p>13</p> <p>Totchos Supreme            w/breadstick            Yogurt parfait            Cheeseburger            Green beans</p>	<p>14</p> <p>Walking taco            Turkey Pretzel sandwich            Cheeseburger            Saucy refried beans</p>	<p>15</p> <p>Chicken Alfredo            w/garlic bread            Chicka Boom Sandwich            Cheeseburger            Peas &amp; carrots</p>	<p>16</p> <p>Hot ham&amp;cheese sandwich            Fish sandwich            Cheeseburger            Corn            Watermelon salsa            Tostitos Scoops            Chocolate chip cookie</p>
<p>19</p> <p>Breaded Chicken sandwich            Hot Italian sub sandwich            Cheeseburger            Potato wedges</p>	<p>20</p> <p>Breakfast sandwich            Yogurt parfait            Cheeseburger            Hash brown rounds</p>	<p>21</p> <p>Chicken quesadilla            Philly steak sandwich            Cheeseburger            Saucy refried beans            Cilantro Lime Salsa            Tostitos Scoops</p>	<p>22</p> <p>Turkey haystack            w/Dinner roll            BBQ Ranchero Salad            Cheeseburger            Roasted broccoli            Sunchips</p>	<p>23</p> <p>Cheesy bites            Shrimp poppers            Cheeseburger            Marinara sauce            Steamed carrots            Snack mix</p>
<p>26</p> <p>Popcorn chicken            Deli combo sub            Cheeseburger            Savory brown rice            Stir fried vegetables            Rice Krispie treat</p>	<p>27</p> <p>Pancakes            Egg &amp; Cheese Omelet            Yogurt parfait            Cheeseburger            Tater tots</p>	<p>28</p> <p>Grilled cheese            Salisbury steak            w/breadstick            Cheeseburger            Mashed potatoes            Chocolate chip cookie</p>	<p>29</p> <p>Spaghetti &amp; meat sauce            w/Garlic French Bread            Ham &amp; Swiss sandwich            Cheeseburger            Green beans</p>	<p>30</p> <p>Bosco Sticks            Fish sandwich            Cheeseburger            Baked beans            Marinara sauce            Cheetos Snacks</p>

Menu subject to change without notice

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