

Elementary meal \$2.65
 Preschool meal \$2.40
 Adult \$4.50
 Extra milk \$0.45



Garden bar offers selections of vegetables and fruit daily.
 Condiments and Milk offered daily.

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

SMSA ELEMENTARY LUNCH MENU

ALTERNATE MAIN ENTRÉE OFFERED IS CAPITALIZED

Monday	Tuesday	Wednesday	Thursday	Friday
30 Turkey Ham & Cheese lunch kit YOGURT PARFAIT Dragon Punch Juice	1 Breaded Chicken sandwich YOGURT PARFAIT Corn	2 Mini maple pancakes w/Breakfast sausage SUNBUTTER W/STRING CHEESE Tater tots	3 No School No lunch served	4 No School No lunch served
7 Mini corn dogs YOGURT PARFAIT Corn Snack mix	8 BBQ pork sandwich YOGURT PARFAIT Roasted sweet potatoes Goldfish crackers	9 Peppy pizza bake Garlic bread SUNBUTTER W/STRING CHEESE Peas & carrots	10 Cheesy Chicken over rice SUNBUTTER W/STRING CHEESE Dinner roll Roasted cauliflower Chocolate Pudding	11 Hot dog on a bun SUNBUTTER W/STRING CHEESE Baked beans French fries
14 Pasta & meatballs YOGURT PARFAIT Breadstick Green beans	15 Ham & cheese slider w/Cubed Colby Jack cheese YOGURT PARFAIT Peas & carrots Grandma's mini cookies	16 Turkey haystack SUNBUTTER W/STRING CHEESE Dinner roll Sunchips Mashed potatoes	17 Chicken tenders SUNBUTTER W/STRING CHEESE Stir fried vegetables Savory Brown rice Rice krispie treat	18 Deep dish cheese pizza SUNBUTTER W/STRING CHEESE Smiley Potatoes
21 French Toast sticks w/Scrambled eggs YOGURT PARFAIT Tater tots	22 Chicken Alfredo YOGURT PARFAIT Garlic bread California blend vegetables Fruit slushie	23 Teriyaki chicken SUNBUTTER W/STRING CHEESE Savory Brown rice Stir fried vegetables Rice krispie treat	24 Chicken quesadilla SUNBUTTER W/STRING CHEESE Saucy refried beans Cheddar cheez-it crackers	25 Chicken nuggets SUNBUTTER W/STRING CHEESE Mashed potatoes Gravy Dinner roll
28 Hot ham&cheese sandwich YOGURT PARFAIT Steamed carrots Snack mix Chocolate Pudding	29 Walking taco YOGURT PARFAIT Saucy refried beans	30 Popcorn chicken SUNBUTTER W/STRING CHEESE Dinner roll Mashed potatoes Gravy Corn	31 Cheeseburger SUNBUTTER W/STRING CHEESE Smiley Potatoes	1 Bosco Sticks SUNBUTTER W/STRING CHEESE Roasted broccoli Cheetos Snacks

Menu subject to change without notice

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

Middle school lunch \$2.90
 High school lunch \$3.15
 Extra milk \$0.45
 Adult \$4.50



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>30</p> <p>General Tso chicken Egg roll Cheeseburger Savory Brown rice California blend vegetables Rice Krispie treat</p>	<p>1</p> <p>Breaded Chicken sandwich Hot & Spicy breaded Chicken patty sandwich Cheeseburger Yogurt parfait Corn</p>	<p>2</p> <p>Mini maple pancakes w/Breakfast sausage Three cheese Calzone Cheeseburger Tater tots Marinara sauce</p>	<p>3</p> <p>No School No lunch served</p>	<p>4</p> <p>No School No lunch served</p>
<p>7</p> <p>Mini corn dogs Turkey Pretzel sandwich Cheeseburger Corn Snack mix</p>	<p>8</p> <p>BBQ pork sandwich Yogurt parfait Cheeseburger Roasted sweet potatoes</p>	<p>9</p> <p>Peppy pizza bake w/garlic bread Chef Salad Cheeseburger Peas & carrots</p>	<p>10</p> <p>Cheesy Chicken over rice Deli combo sub Dinner rolls Cheeseburger Roasted cauliflower Chocolate Pudding</p>	<p>11</p> <p>Hot dog on a bun Fish sandwich Cheeseburger French fries Baked beans Cheddar cheez-it crackers</p>
<p>14</p> <p>Pasta & meatballs w/Garlic breadstick Italian combo sub Cheeseburger Green beans</p>	<p>15</p> <p>Totchos Supreme Dinner rolls Yogurt parfait Cheeseburger Peas & carrots</p>	<p>16</p> <p>Turkey haystack Dinner rolls Ranch deli wrap Cheeseburger Mashed potatoes Sunchips</p>	<p>17</p> <p>Chicken tenders BLT wrap Cheeseburger Stir fried vegetables Savory Brown rice Rice Krispie treat</p>	<p>18</p> <p>Cheese pizza Pepperoni pizza slice Tuna salad Croissant Cheeseburger Smiley Potatoes</p>
<p>21</p> <p>French Toast sticks w/scrambled eggs Chicken fillet sandwich Cheeseburger Tater tots</p>	<p>22</p> <p>Chicken Alfredo Yogurt parfait Garlic bread Cheeseburger California blend vegetables Fruit slushie</p>	<p>23</p> <p>Teriyaki chicken Chicken Empanada Salsa cup Cheeseburger Savory brown rice Stir fried vegetables Rice Krispie treat</p>	<p>24</p> <p>Chicken quesadilla BBQ chicken flatbread Cheeseburger Saucy refried beans Cheddar cheez-it crackers Salsa cup</p>	<p>25</p> <p>Chicken nuggets Dinner rolls Egg salad croissant Cheeseburger Mashed potatoes Gravy</p>
<p>28</p> <p>Hot ham&cheese sandwich Pepperoni hot sandwich Cheeseburger Steamed carrots Chocolate Pudding Snack mix</p>	<p>29</p> <p>Walking taco Yogurt parfait Cheeseburger Saucy refried beans Salsa cup</p>	<p>30</p> <p>Popcorn chicken Popcorn chicken bowl Dinner rolls Cheeseburger Mashed potatoes Gravy Corn</p>	<p>31</p> <p>Burger Bar Buffalo chicken mac&cheese Onion rings</p>	<p>1</p> <p>Bosco Sticks Fish sandwich Cheeseburger Marinara sauce Roasted broccoli Cheetos Snacks</p>

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