

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



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

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

### SMSA ELEMENTARY LUNCH MENU

ALTERNATE MAIN ENTRÉE OFFERED IS CAPITALIZED

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Hot ham&amp;cheese sandwich            YOGURT PARFAIT            Steamed carrots            Snack mix            Chocolate Pudding</p>	<p>4</p> <p>Waffles            Egg &amp; Cheese Omelet            SUNBUTTER W/STRING CHEESE            Hash browns</p>	<p>5</p> <p>Macaroni &amp; cheese            Breadstick            SUNBUTTER W/STRING CHEESE            Green beans            Grandma's mini cookies</p>	<p>6</p> <p>No School            No lunch served</p>	<p>7</p> <p>No School            No lunch served</p>
<p>10</p> <p>Chicken nuggets            YOGURT PARFAIT            Mashed potatoes            Gravy            Dinner roll</p>	<p>11</p> <p>Cheesy Chicken over rice            YOGURT PARFAIT            Dinner roll            Roasted cauliflower            Chocolate Pudding</p>	<p>12</p> <p>Scalloped potatoes &amp; ham            SUNBUTTER W/STRING CHEESE            Dinner roll            Peas &amp; carrots            S'mores bar</p>	<p>13</p> <p>Hot dog on a bun            SUNBUTTER W/STRING CHEESE            Baked beans            French fries</p>	<p>14</p> <p>Deep dish cheese pizza            SUNBUTTER W/STRING CHEESE            Smiley Potatoes</p>
<p>17</p> <p>Breaded Chicken sandwich            YOGURT PARFAIT            Corn</p>	<p>18</p> <p>French Toast sticks            w/Scrambled eggs            YOGURT PARFAIT            Tater tots</p>	<p>19</p> <p>Turkey Ham &amp; Cheese lunch kit            SUNBUTTER W/STRING CHEESE            Dragon Punch Juice</p>	<p>20</p> <p>Cheeseburger            SUNBUTTER W/STRING CHEESE            Spiral fries</p>	<p>21</p> <p>Chicken quesadilla            SUNBUTTER W/STRING CHEESE            Saucy refried beans            Cheddar cheez-it crackers</p>
<p>24</p> <p>Mandarin orange chicken            YOGURT PARFAIT            Savory Brown rice            California blend vegetables            Rice krispie treat</p>	<p>25</p> <p>Walking taco            YOGURT PARFAIT            Saucy refried beans</p>	<p>26</p> <p>Chicken tenders            YOGURT PARFAIT            Dinner roll            Mashed potatoes            Gravy</p>	<p>27</p> <p>Chili            SUNBUTTER W/STRING CHEESE            Frito corn chips            Corn</p>	<p>28</p> <p>Bosco Sticks            SUNBUTTER W/STRING CHEESE            Roasted broccoli            Cheetos Snacks</p>

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>3</p> <p>Hot ham&amp;cheese sandwich            Pepperoni hot sandwich            Cheeseburger            Steamed carrots            Chocolate Pudding            Snack mix</p>	<p>4</p> <p>Waffles            Egg &amp; Cheese Omelet            Yogurt parfait            Cheeseburger            Hash brown rounds</p>	<p>5</p> <p>Macaroni &amp; cheese            w/Garlic breadstick            Cheeseburger            Cheesy mini bagels            Green beans</p>	<p>6</p> <p>No School            No lunch served</p>	<p>7</p> <p>No School            No lunch served</p>
<p>10</p> <p>Chicken nuggets            Ham &amp; Swiss sandwich            Dinner rolls            Cheeseburger            Mashed potatoes            Gravy</p>	<p>11</p> <p>Cheesy Chicken over rice            Yogurt parfait            Dinner rolls            Cheeseburger            Roasted cauliflower            Chocolate Pudding</p>	<p>12</p> <p>Scalloped potatoes &amp; ham            Turkey Pretzel sandwich            Cheeseburger            Dinner roll            Peas &amp; carrots            S'mores bar</p>	<p>13</p> <p>Hot dog on a bun            BLT wrap            Cheeseburger            French fries            Baked beans            Cheddar cheez-it crackers</p>	<p>14</p> <p>Cheese pizza            Pepperoni pizza slice            Egg salad sandwich            Cheeseburger            Smiley Potatoes</p>
<p>17</p> <p>Breaded Chicken sandwich            Spicy chicken sandwich            Cheeseburger            Corn</p>	<p>18</p> <p>French Toast sticks            w/scrambled eggs            Yogurt parfait            Cheeseburger            Tater tots</p>	<p>19</p> <p>Lasagna rollup            w/breadstick            Buffalo Chicken Croissant            Cheeseburger            Steamed carrots</p>	<p>20</p> <p>Burger Bar            Chicken fillet sandwich            Spiral fries            Fruit slushie</p>	<p>21</p> <p>Chicken quesadilla            Fish sandwich            Cheeseburger            Saucy refried beans            Cheddar cheez-it crackers            Salsa cup</p>
<p>24</p> <p>Mandarin Orange chicken            Egg roll            Cheeseburger            Savory Brown rice            California blend vegetables            Rice Krispie treat</p>	<p>25</p> <p>Walking taco            Yogurt parfait            Cheeseburger            Saucy refried beans            Salsa cup</p>	<p>26</p> <p>Chicken tenders            Deli combo sub            Cheeseburger            Mashed potatoes            Gravy            Dinner rolls</p>	<p>27</p> <p>Chili            BBQ chicken flatbread            Cheeseburger            Corn            Frito corn chips</p>	<p>28</p> <p>Bosco Sticks            Fish sandwich            Cheeseburger            Roasted broccoli            Marinara sauce            Cheetos Snacks</p>

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