

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

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

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

ALTERNATE MAIN ENTRÉE OFFERED IS CAPITALIZED

Monday	Tuesday	Wednesday	Thursday	Friday
BBQ pork sandwich YOGURT PARFAIT Roasted sweet potatoes Goldfish crackers 30	Popcorn chicken YOGURT PARFAIT Dinner roll Mashed potatoes Gravy 31	Mini maple pancakes w/Breakfast sausage SUNBUTTER W/STRING CHEESE Hash browns 1	Breaded Chicken sandwich SUNBUTTER W/STRING CHEESE Corn 2	VACATION No lunch served 3
VACATION No lunch served 6	Salisbury steak YOGURT PARFAIT Dinner roll Mashed potatoes Sunchips 7	Walking taco SUNBUTTER W/STRING CHEESE Saucy refried beans 8	Cheesy bites SUNBUTTER W/STRING CHEESE Steamed carrots Baked potato chips 9	Grilled cheese SUNBUTTER W/STRING CHEESE Tomato soup Potato wedges 10
Hot ham&cheese sandwich YOGURT PARFAIT Roasted sweet potatoes Snack mix 13	Scalloped potatoes & ham YOGURT PARFAIT Dinner roll Peas & carrots S'mores bar 14	Waffles Egg & Cheese Omelet SUNBUTTER W/STRING CHEESE Hash browns 15	4th gr field trip 16 Chicken nuggets SUNBUTTER W/STRING CHEESE Mashed potatoes Gravy Dinner roll	Bosco Sticks SUNBUTTER W/STRING CHEESE Baked beans Cheetos Snacks 17
Breaded Chicken sandwich YOGURT PARFAIT Corn 20	Teriyaki chicken YOGURT PARFAIT Savory Brown rice Stir fried vegetables Rice krispie treat 21	Cheeseburger SUNBUTTER W/STRING CHEESE Baked beans Grandma's mini cookies 22	Macaroni & cheese Breadstick SUNBUTTER W/STRING CHEESE Green beans Chocolate Pudding 23	Deep dish cheese pizza SUNBUTTER W/STRING CHEESE Smiley Potatoes 24
BBQ pork sandwich YOGURT PARFAIT Roasted sweet potatoes Goldfish crackers 27	French Toast sticks w/Scrambled eggs YOGURT PARFAIT Tater tots 28	Turkey steak SUNBUTTER W/STRING CHEESE Dinner roll Mashed potatoes Gravy Sunchips 29	Mandarin orange chicken SUNBUTTER W/STRING CHEESE Savory Brown rice California blend vegetables Rice krispie treat 30	5th & 3rd gr field trips 1 Lasagna rollup SUNBUTTER W/STRING CHEESE Garlic bread Steamed carrots

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>BBQ pork sandwich Three cheese calzone Cheeseburger Roasted sweet potatoes Marinara sauce</p>	<p>31</p> <p>Popcorn chicken Yogurt parfait Dinner rolls Cheeseburger Mashed potatoes Gravy</p>	<p>1</p> <p>Mini maple pancakes w/Breakfast sausage BBQ Ranchero Salad Cheeseburger Hash browns</p>	<p>2</p> <p>Chicken Breast Fillet Deli combo sub Cheeseburger Corn</p>	<p>3</p> <p>VACATION No lunch served</p>
<p>6</p> <p>VACATION No lunch served</p>	<p>7</p> <p>Salisbury steak Yogurt parfait Dinner roll Cheeseburger Mashed potatoes Sunchips</p>	<p>8</p> <p>Walking taco Turkey Club Sandwich Cheeseburger Saucy refried beans Salsa cup</p>	<p>9</p> <p>Cheesy bites Mozzarella dippers Cheeseburger Marinara sauce Steamed carrots Baked potato chips</p>	<p>10</p> <p>Grilled cheese Fish sandwich Cheeseburger Potato wedges Tomato soup</p>
<p>13</p> <p>Hot ham&cheese sandwich Pepperoni hot sandwich Cheeseburger Roasted sweet potatoes Snack mix</p>	<p>14</p> <p>Scalloped potatoes & ham Yogurt parfait Cheeseburger Dinner roll Peas & carrots S'mores bar</p>	<p>15</p> <p>Waffles Egg & Cheese Omelet Mozzarella dippers Cheeseburger Hash brown rounds Marinara sauce</p>	<p>16</p> <p>Chicken nuggets Italian combo sub Dinner rolls Cheeseburger Mashed potatoes Gravy</p>	<p>17</p> <p>Bosco Sticks Fish sandwich Cheeseburger Marinara sauce Baked beans Cheetos Snacks</p>
<p>20</p> <p>Breaded Chicken sandwich Spicy chicken sandwich Cheeseburger Corn</p>	<p>21</p> <p>Teriyaki chicken Yogurt parfait Cheeseburger Savory brown rice Stir fried vegetables Rice Krispie treat</p>	<p>22</p> <p>Burger Bar Buffalo Mac&cheese w/dinner roll Baked beans</p>	<p>23</p> <p>Macaroni & cheese w/Garlic breadstick Fish sandwich Cheeseburger Green beans Chocolate Pudding</p>	<p>24</p> <p>Cheese pizza Pepperoni pizza slice Tuna salad sandwich Cheeseburger Smiley Potatoes</p>
<p>27</p> <p>BBQ pork sandwich Three cheese calzone Cheeseburger Roasted sweet potatoes Marinara sauce</p>	<p>28</p> <p>French Toast sticks w/scrambled eggs Yogurt parfait Cheeseburger Tater tots</p>	<p>29</p> <p>Junior Retreat Popcorn chicken Chicken Empanada Dinner rolls Cheeseburger Mashed potatoes Gravy Salsa cup</p>	<p>30</p> <p>Mandarin Orange chicken Egg roll Cheeseburger Savory Brown rice California blend vegetables Rice Krispie treat</p>	<p>1</p> <p>Lasagna rollup Garlic bread Egg salad croissant Cheeseburger Steamed carrots</p>

Menu subject to change without notice

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