

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
 vegetables and 1/2 pint milk.



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 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	3rd, 5th grade field trips Lasagna rollup SUNBUTTER W/STRING CHEESE Garlic bread Steamed carrots 1
Mini corn dogs YOGURT PARFAIT Baked beans Cheddar cheez-it crackers 4	Chicken quesadilla YOGURT PARFAIT Saucy refried beans Tostitos Scoops 5	Parmesan Chicken Sandwich SUNBUTTER W/STRING CHEESE Corn 6	Waffles Egg & Cheese Omelet SUNBUTTER W/STRING CHEESE Hash brown triangles 7	4th grade field trips Popcorn chicken SUNBUTTER W/STRING CHEESE Dinner roll Mashed potatoes Gravy 8
Salisbury steak YOGURT PARFAIT Dinner roll Mashed potatoes Sunchips 11	Pasta & meat sauce YOGURT PARFAIT w/cheesy French bread Green beans 12	KDG, 7th,8th grade field trips Chili SUNBUTTER W/STRING CHEESE Frito corn chips Corn 13	6th grade field trip Walking taco SUNBUTTER W/STRING CHEESE Saucy refried beans 14	Cheesy bites SUNBUTTER W/STRING CHEESE Steamed carrots Baked potato chips 15
Chicken nuggets SUNBUTTER W/STRING CHEESE Mashed potatoes Gravy Dinner roll 18	Breakfast variety SUNBUTTER W/STRING CHEESE Hash browns 19	Cheeseburger SUNBUTTER W/STRING CHEESE Baked beans Grandma's mini cookies 20	Deep dish cheese pizza SUNBUTTER W/STRING CHEESE Smiley Potatoes 21	1st, 2nd grade field trip Mandarin orange chicken SUNBUTTER W/STRING CHEESE Savory Brown rice Stir fried vegetables Rice krispie treat 22
VACATION No lunch served 25	BBQ pork sandwich SUNBUTTER W/STRING CHEESE Roasted sweet potatoes Goldfish crackers 26	8th grade graduation Cheesy mini bagels SUNBUTTER W/STRING CHEESE Roasted broccoli Cheddar cheez-it crackers 27	KDG yearend party, 8th grade out Macaroni & cheese Breadstick SUNBUTTER W/STRING CHEESE Green beans Chocolate Pudding 28	8th grade out Sloppy Joe Sandwich SUNBUTTER W/STRING CHEESE Peas S'mores bar 29

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



SMSA 6th-8th/HIGH LUNCH MENU

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.

MAIN ENTRÉES OFFERED ARE LISTED FIRST

Monday	Tuesday	Wednesday	Thursday	Friday
27 BBQ pork sandwich Three cheese calzone Cheeseburger Roasted sweet potatoes Marinara sauce	28 French Toast sticks w/scrambled eggs Yogurt parfait Cheeseburger Tater tots	29 Junior Retreat Popcorn chicken Chicken Empanada Dinner rolls Cheeseburger Mashed potatoes Gravy Salsa cup	30 Mandarin Orange chicken Egg roll Cheeseburger Savory Brown rice California blend vegetables Rice Krispie treat	1 Lasagna rollup Garlic bread Egg salad croissant Cheeseburger Steamed carrots
4 Mini corn dogs BBQ chicken flatbread Cheeseburger Baked beans Cheddar cheez-it crackers	5 Chicken quesadilla Bean & Cheese Pupusa Cheeseburger Saucy refried beans Tostitos Scoops Salsa cup	6 Parmesan Chicken Sandwich Deli combo sub Cheeseburger Corn	7 Waffles Egg & Cheese Omelet Egg roll Cheeseburger Hash brown triangles	8 Popcorn chicken Yogurt parfait Dinner rolls Cheeseburger Mashed potatoes Gravy
11 Salisbury steak Ham & Swiss sandwich Dinner roll Cheeseburger Mashed potatoes Sunchips	12 Pasta & meat sauce w/cheesy French bread Yogurt parfait Cheeseburger Green beans	13 7th, 8th grade out Chili Chicken wrap All American Cheeseburger Corn Frito corn chips	14 6th grade out Walking taco Turkey Club Sandwich Cheeseburger Saucy refried beans Salsa cup	15 Cheesy bites Fish sticks Cheeseburger Marinara sauce Steamed carrots Baked potato chips
18 Chicken nuggets Cook's choice Dinner rolls Cheeseburger Mashed potatoes Gravy	19 Breakfast variety Cook's choice Cheeseburger Hash browns	20 Burger Bar Cook's choice Baked beans	21 Cheese pizza Pepperoni pizza slice Cook's choice Cheeseburger Smiley Potatoes	22 Teriyaki chicken Mandarin orange chicken General Tso chicken Cook's choice Cheeseburger Savory Brown rice Stir fried vegetables Rice Krispie treat
25 VACATION No lunch served	26 BBQ pork sandwich Cook's choice Cheeseburger Roasted sweet potatoes	27 8th grade graduation Cheesy mini bagels Cheeseburger Cook's choice Roasted broccoli Cheddar cheez-it crackers	28 8th grade out Macaroni & cheese w/Garlic breadstick Cook's choice Cheeseburger Green beans	29 8th grade, seniors out Sloppy Joe Sandwich Cook's choice Cheeseburger Peas S'mores bar

Menu subject to change without notice

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