

Elementary meal \$2.80  
 Preschool meal \$2.55  
 Adult \$4.75  
 Extra milk \$0.50

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

Garden bar offers selections of vegetables and fruit daily.

Condiments and Milk offered daily.

ALTERNATE MAIN ENTRÉE OFFERED IS CAPITALIZED

| Monday                                                                                                            | Tuesday                                                                                                       | Wednesday                                                                                                         | Thursday                                                                                                                             | Friday                                                                                       |
|-------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|
| 28<br>Breaded Chicken sandwich<br>YOGURT PARFAIT<br>Corn                                                          | 29<br>Cheesy Chicken over rice<br>YOGURT PARFAIT<br>Dinner roll<br>Key West vegetables<br>Snack mix           | 30<br>Hot ham&cheese sandwich<br>SUNBUTTER W/STRING CHEESE<br>Roasted sweet potatoes<br>Cheddar cheez-it crackers | 1<br>No School<br>No lunch served                                                                                                    | 2<br>No School<br>No lunch served                                                            |
| 5<br>Teriyaki chicken<br>YOGURT PARFAIT<br>Savory Brown rice<br>California blend vegetables<br>Rice krispie treat | 3rd & 8th gr Holy Hill trip 6<br>Chicken nuggets<br>YOGURT PARFAIT<br>Mashed potatoes<br>Gravy<br>Dinner roll | 7<br>Cheeseburger<br>SUNBUTTER W/STRING CHEESE<br>Baked beans<br>Grandma's mini cookies                           | 8<br>BBQ pork sandwich<br>SUNBUTTER W/STRING CHEESE<br>Roasted sweet potatoes                                                        | 9<br>Mini Quesadillas<br>SUNBUTTER W/STRING CHEESE<br>Saucy refried beans<br>Tostitos Scoops |
| 12<br>Scalloped potatoes & ham<br>YOGURT PARFAIT<br>Dinner roll<br>Peas & carrots<br>S'mores bar                  | 13<br>Pasta & meat sauce<br>YOGURT PARFAIT<br>w/cheesy French bread<br>Green beans                            | 14<br>Walking taco<br>SUNBUTTER W/STRING CHEESE<br>Saucy refried beans                                            | 15<br>Mandarin orange chicken<br>SUNBUTTER W/STRING CHEESE<br>Savory Brown rice<br>California blend vegetables<br>Rice krispie treat | 16<br>French Toast sticks<br>w/scrambled eggs<br>SUNBUTTER W/STRING CHEESE<br>Tater tots     |
| 19<br>Bosco Sticks<br>YOGURT PARFAIT<br>Roasted broccoli<br>Cheetos Snacks                                        | 20<br>Cheesy mini bagels<br>YOGURT PARFAIT<br>Corn<br>Snack mix                                               | 21<br>Mini corn dogs<br>SUNBUTTER W/STRING CHEESE<br>Baked beans<br>Cheddar cheez-it crackers                     | 22<br>Chicken tenders<br>SUNBUTTER W/STRING CHEESE<br>Savory Brown rice<br>Stir fried vegetables<br>Rice krispie treat               | 23<br>No Elementary/MS                                                                       |
| 26<br>Sloppy Joe Sandwich<br>YOGURT PARFAIT<br>Peas<br>S'mores bar                                                | 27<br>Chicken Alfredo<br>YOGURT PARFAIT<br>Garlic bread<br>Steamed carrots                                    | 28<br>Cheesy bites<br>SUNBUTTER W/STRING CHEESE<br>Bean crisps<br>Baked potato chips                              | 29<br>Mini maple pancakes<br>Egg & Cheese Omelet<br>SUNBUTTER W/STRING CHEESE<br>Hash browns                                         | 30<br>Cheese Pizza<br>SUNBUTTER W/STRING CHEESE<br>Smiley Potatoes                           |

Menu subject to change without notice

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

Middle school lunch \$3.05  
 High school lunch \$3.30  
 Extra milk \$0.50  
 Adult \$4.75



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                                                                                                                                                   |
|-----------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|
| 28<br>Breaded Chicken sandwich<br>Spicy chicken sandwich<br>Cheeseburger<br>Corn                                            | 29<br>Cheesy Chicken over rice<br>Deli combo sub<br>Dinner roll<br>Cheeseburger<br>Key West vegetables<br>Snack mix                                      | 30<br>Hot ham&cheese sandwich<br>Pepperoni hot sandwich<br>Cheeseburger<br>Roasted sweet potatoes<br>Cheddar cheez-it crackers | 1<br>No School<br>No lunch served                                                                                                   | 2<br>No School<br>No lunch served                                                                                                                        |
| 5<br>Teriyaki chicken<br>Egg roll<br>Cheeseburger<br>Savory Brown rice<br>California blend vegetables<br>Rice Krispie treat | 6<br>3rd & 8th gr Holy Hill trip<br>Chicken nuggets<br>Three cheese calzone<br>Dinner roll<br>Cheeseburger<br>Mashed potatoes<br>Gravy<br>Marinara sauce | 7<br>Burger Bar<br>Hot dog on a bun<br>Baked beans                                                                             | 8<br>BBQ pork sandwich<br>BBQ pork Mac Bowl<br>Cheeseburger<br>Roasted sweet potatoes                                               | 9<br>Chicken quesadilla<br>Bean & Cheese Pupusa<br>Cheeseburger<br>Saucy refried beans<br>Tostitos Scoops<br>Salsa cup                                   |
| 12<br>Scalloped potatoes & ham<br>Ham & Swiss sandwich<br>Cheeseburger<br>Dinner roll<br>Peas & carrots<br>S'mores bar      | 13<br>Pasta & meat sauce<br>w/cheesy French bread<br>Yogurt parfait<br>Cheeseburger<br>Green beans                                                       | 14<br>Walking taco<br>Chicken Empanada<br>Cheeseburger<br>Saucy refried beans<br>Salsa cup                                     | 15<br>Mandarin Orange chicken<br>Egg roll<br>Cheeseburger<br>Savory Brown rice<br>California blend vegetables<br>Rice Krispie treat | 16<br>French Toast sticks<br>w/scrambled eggs<br>Egg salad sandwich<br>Cheeseburger<br>Tater tots                                                        |
| 19<br>Bosco Sticks<br>BBQ Ranchero wrap<br>Cheeseburger<br>Marinara sauce<br>Roasted broccoli<br>Cheetos Snacks             | 20<br>Cheesy mini bagels<br>Ranch deli wrap<br>Cheeseburger<br>Corn<br>Snack mix                                                                         | 21<br>Mini corn dogs<br>BBQ chicken flatbread<br>Cheeseburger<br>Baked beans<br>Cheddar cheez-it crackers                      | 22<br>Chicken tenders<br>Turkey Club Sandwich<br>Cheeseburger<br>Stir fried vegetables<br>Savory Brown rice<br>Rice Krispie treat   | 23<br>No Elementary/MS<br>Cheesy corn Buffalo Chicken Bake<br>Fish sandwich<br>Cheeseburger<br>Roasted broccoli<br>w/Garlic breadstick<br>Cheetos Snacks |
| 26<br>Sloppy Joe Sandwich<br>Cuban Sandwich<br>Cheeseburger<br>Peas<br>S'mores bar                                          | 27<br>Chicken Alfredo<br>Zesty Chicken Pasta Salad<br>Garlic bread<br>Cheeseburger<br>Steamed carrots                                                    | 28<br>Cheesy bites<br>Mozzarella dippers<br>Cheeseburger<br>Marinara sauce<br>Bean crisps<br>Baked potato chips                | 29<br>Mini maple pancakes<br>Cheese Omelet<br>Yogurt parfait<br>Cheeseburger<br>Hash browns                                         | 30<br>Cheese pizza<br>Pepperoni pizza slice<br>Tuna salad Croissant<br>Cheeseburger<br>Smiley Potatoes                                                   |

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