

December 2015

SAINT SEBASTIAN SCHOOL



LUNCH 3.00 ADULT 3.60
REDUCED .40 MILK .60
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Nutrition Tip:

MyPlate recommends: Get started cooking more often at home: If you don't usually cook, start gradually. Make it a goal to cook once a week and work up to cooking more often.

Monday



Tuesday

Wednesday

Thursday

Friday

Corn dogs
 Choice of veggie
 Choice of fruit
 Milk **7**

Chicken nuggets
 Choice of veggie
 Choice of fruit
 Milk **8**

Pizza
 Choice of veggie
 Choice of fruit
 Milk **9**

Tostados
 Choice of veggie
 Choice of fruit
 Milk **10**

Fish Sticks
 Choice of veggie
 Choice of fruit
 Milk **11**

Hamburgers
 Choice of veggie
 Choice of fruit
 Milk **14**

Beef Stroganoff
 Choice of veggie
 Choice of fruit
 Milk **15**

Deli Sandwich
 Choice of veggie
 Choice of fruit
 Milk **16**

Spaghetti
 Choice of veggie
 Choice of fruit
 Milk **17**

Hot Dogs
 Choice of veggie
 Choice of fruit
 Milk **18**

Super Nachos
 Choice of veggie
 Choice of fruit
 Milk **21**

Baked Chicken
 Choice of veggie
 Choice of fruit
 Milk **22**

NO SCHOOL **23**

NO SCHOOL **24**

NO SCHOOL **25**

NO SCHOOL **28**

NO SCHOOL **29**

NO SCHOOL **30**

NO SCHOOL **31**

