



Lunch 3.00 Adult 3.60 Milk .40
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Nutrition Tip: Make Fruit More Appealing: Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit. Try bananas, peaches, strawberries, or other berries

Monday

Tuesday

Wednesday

Thursday

Friday

Polish Sausage **1**
 Choice of veggie
 Choice of fruit
 Milk

Grilled Cheese **2**
 Choice of veggie
 Choice of fruit
 Milk

Chicken Teriyaki **3**
 Choice of veggie
 Choice of fruit
 Milk

Chili Mac **4**
 Choice of veggie
 Choice of fruit
 Milk

Quesadillas **5**
 Choice of veggie
 Choice of fruit
 Milk

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

Tater tot Casserole **9**
 Choice of veggie
 Choice of fruit
 Milk

Nachos w/ cheese **10**
 Choice of veggie
 Choice of fruit
 Milk

Sloppy Joes **11**
 Choice of veggie
 Choice of fruit
 Milk

Cheese Pizza **12**
 Choice of veggie
 Choice of fruit
 Milk

Hamburgers **15**
 Choice of veggie
 Choice of fruit
 Milk

Tacos **16**
 Choice of veggie
 Choice of fruit
 Milk

BBQ Chicken **17**
 Choice of veggie
 Choice of fruit
 Milk

Spaghetti **18**
 Choice of veggie
 Choice of fruit
 Milk

No School **19**

Meat Ball Subs **22**
 Choice of veggie
 Choice of fruit
 Milk

Hot Dogs **23**
 Choice of veggie
 Choice of fruit
 Milk

Half Day **24**

No School **25**

No School **26**

Sheppard's Pie **29**
 Choice of veggie
 Choice of fruit
 Milk



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