

LUNCH

June 2015

ST SEBASTIAN SCHOOL

Lunch Fact

95% of Americans still aren't eating enough whole grain. Whole grains give kids the energy they need to be active and play sports!

Reference: U.S. Department of Health and Human Services and U.S. Department of Agriculture Dietary Guidelines for Americans, 2010.



* monday

Chicken Patty **1**
Choice of veggie
Choice of fruit
Milk

* tuesday

Nachos w/ cheese **2**
Choice of veggie
Choice of fruit
Milk

* wednesday

Lasagna **3**
Choice of veggie
Choice of fruit
Milk

* thursday

Grilled cheese **4**
Choice of veggie
Choice of fruit
Milk

* friday

Turkey deli **5**
Choice of veggie
Choice of fruit
Milk

Hot dogs **8**
Choice of veggie
Choice of fruit
Milk

Hamburgers **9**
Choice of veggie
Choice of fruit
Milk

10

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12

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16

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30

K-5 \$2.75
6-8 \$3.00
Milk .60
ncayce@saintsebs.org

