



Lunch 3.00 Reduced .40
Adult 3.60 Milk.60
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Nutrition Tip: 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

Tuesday

Wednesday

Thursday

Friday



Meatball Subs **1**
 Choice of veggie
 Choice of fruit
 Milk

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

Pizza **3**
 Choice of veggie
 Choice of fruit
 Milk

Hamburger **6**
 Choice of veggie
 Choice of fruit
 Milk

Chicken Nuggets **7**
 Choice of veggie
 Choice of fruit
 Milk

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

Fish Sticks **9**
 Choice of veggie
 Choice of fruit
 Milk

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This Institution is an Equal opportunity Provider **30**

