

November 2015

SAINT SEBASTIAN SCHOOL



Lunch \$3.00 Adults \$3.60
Reduced .40 414-453-6850
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Nutrition Tip: Increase veggie intake. Here are some ideas:

- Double the vegetables prepared for dinner and use leftovers in future meals
- Stuff leftover asparagus or peas with sliced turkey and cheese into a pita.
- Stock up on frozen and canned vegetables for quick additions to meals.

Monday

HOT POCKETS **2**
CHOICE OF VEGGIE
CHOICE OF FRUIT
MILK

PIZZA **9**
CHOICE OF VEGGIE
CHOICE OF FRUIT
MILK

CHICKEN NUGGETS **16**
CHOICE OF VEGGIE
CHOICE OF FRUIT
MILK

HAMBURGERS **23**
CHOICE OF VEGGIE
CHOICE OF FRUIT
MILK

LUNCH BRUNCH **30**
CHOICE OF VEGGIE
CHOICE OF FRUIT
MILK

Tuesday

CHICKEN FRIED RICE **3**
CHOICE OF VEGGIE
CHOICE OF FRUIT
MILK

LASANGA **10**
CHOICE OF VEGGIE
CHOICE OF FRUIT
MILK

SUPER NACHOS **17**
CHOICE OF VEGGIE
CHOICE OF FRUIT
MILK

TURKEY **24**
CHOICE OF VEGGIE
CHOICE OF FRUIT
MILK



Wednesday

TOSTADOS **4**
CHOICE OF VEGGIE
CHOICE OF FRUIT
MILK

NO SCHOOL **11**

HOT HAM & CHEESE **18**
CHOICE OF VEGGIE
CHOICE OF FRUIT
MILK

NO SCHOOL **25**



Thursday

BEEF STROGANOFF **5**
CHOICE OF VEGGIE
CHOICE OF FRUIT
MILK

NO SCHOOL **12**

BAKED CHICKEN **19**
CHOICE OF VEGGIE
CHOICE OF FRUIT
MILK

NO SCHOOL **26**



Friday

SLOPPY JOES **6**
CHOICE OF VEGGIE
CHOICE OF FRUIT
MILK

NO SCHOOL **13**

FISH STICKS **20**
CHOICE OF VEGGIE
CHOICE OF FRUIT
MILK

NO SCHOOL **27**