

September 2015

St. Sebastian School

LUNCH



Lunch 3.00 414-453-6850
Milk .60
Email: ncayce@saintsebs.org



Nutrition Tip: The 2010 Dietary Guidelines for Americans recommend that at least half of your grains are whole. For most people, that translates into at least 48 grams daily.

Monday



7

No School

Tuesday

1

Nachos w/cheese
Choice of veggie
Choice of fruit
Milk

8

Wednesday

2

BBQ Pulled Pork
Choice of veggie
Choice of fruit
Milk

9

Thursday

3

Mac & Cheese
Choice of veggie
Choice of fruit
Milk

10

Friday

4

Fish Sticks Or PB&J
Choice of veggie
Choice of fruit
Milk

11

Chicken Nuggets
Choice of veggie
Choice of fruit
Milk

14

Hamburgers
Choice of veggie
Choice of fruit
Milk

15

Fajitas
Choice of veggie
Choice of fruit
Milk

16

Sliced Turkey w/ gravy
Choice of veggie
Choice of fruit
Milk

17

Ravioli
Choice of veggie
Choice of fruit
Milk

18

Pizza
Choice of veggie
Choice of fruit
Milk

21

Teriyaki Chicken
Choice of veggie
Choice of fruit
Milk

22

Baked Potato Bar
Choice of veggie
Choice of fruit
Milk

23

Corn Dogs
Choice of veggie
Choice of fruit
Milk

24

Half Day

25

Hot Dogs
Choice of veggie
Choice of fruit
Milk

28

Tacos
Choice of veggie
Choice of fruit
Milk

29

Deli Sandwich
Choice of veggie
Choice of fruit
Milk

30

