

April 2017

Saintsebs Catholic School

LUNCH



Lunch 3.00 Adult 3.60 Reduced .40
Milk .60
ncayce@saintsebs.org



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday

Baked Chicken

8

Quesadillas
Choice of veggie
Choice of fruit
Milk

9

Corn dogs
Choice of veggie
Choice of fruit
Milk

6

Cheese Ravioli
Choice of veggie
Choice of fruit
Milk

6

Pizza cheese sticks
Choice of veggie
Choice of fruit
Milk

7

Chicken nuggets
Choice of veggie
Choice of fruit
Milk

10

Cheeseburgers
Choice of veggie
Choice of fruit
Milk

11

Polish
Choice of veggie
Choice of fruit
Milk

12

Hot ham & cheese
Choice of veggie
Choice of fruit
Milk

13

No school

14

No school

17

No school

18

No school

19

No school

20

No school

21

BBQ Pork
Choice of veggie
Choice of fruit
Milk

24

Meatball Subs
Choice of veggie
Choice of fruit
Milk

25

Hot dogs
Choice of veggie
Choice of fruit
Milk

26

Chicken Teriyaki
Choice of veggie
Choice of fruit
Milk

27

Fish Sticks
Choice of veggie
Choice of fruit
Milk

28

This institution is an equal
Opportunity provider

