

March 2017

SAINT SEBASTIAN SCHOOL

LUNCH



Lunch 3.00 Reduced .40 Milk .60
ncayce@saintseb.org 453-6850
 This institution is an equal opportunity Provider.



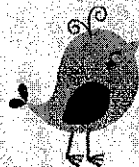
Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday



Tuesday



Wednesday

Thursday

Friday

Chicken nuggets **6**
 Choice of veggie
 Choice of fruit
 Milk

BBQ Pork **7**
 Choice of veggie
 Choice of fruit
 Milk

Chili Mac **8**
 Choice of veggie
 Choice of fruit
 Milk

Polish **9**
 Choice of veggie
 Choice of fruit
 Milk

Half Day **10**

Corn Dogs **13**
 Choice of veggie
 Choice of fruit
 Milk

Tacos **14**
 Choice of veggie
 Choice of fruit
 Milk

Spaghetti **15**
 Choice of veggie
 Choice of fruit
 Milk

Chicken Alfredo **16**
 Choice of veggie
 Choice of fruit
 Milk

Fish Sticks **17**
 Choice of veggie
 Choice of fruit
 Milk

No School **20**

Chicken Tacos **21**
 Choice of veggie
 Choice of fruit
 Milk

Deli Sandwich **22**
 Choice of veggie
 Choice of fruit
 Milk

Beef Stroganoff **23**
 Choice of veggie
 Choice of fruit
 Milk

Nachos w/Cheese **24**
 Choice of veggie
 Choice of fruit
 Milk

Hot Dogs **27**
 Choice of veggie
 Choice of fruit
 Milk

Cheeseburgers **28**
 Choice of veggie
 Choice of fruit
 Milk

Chicken Patty **29**
 Choice of veggie
 Choice of fruit
 Milk

Meatball Subs **30**
 Choice of veggie
 Choice of fruit
 Milk

Cheese Pizza **31**
 Choice of veggie
 Choice of fruit
 Milk