

Summer School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
ALA CARTE PRICES: MILK .50 EXTRA ENTRÉE \$1.50 EXTRA SIDE \$.50	OFFERED DAILY: ICECREAM \$1.50 SMOOTHIES \$1.00 HOME BAKED COOKIES \$1.00 CUP OF GRAPES \$1.25			
7 Sloppy Joe Sandwich Meat and Cheese Nachos or Chef Salad Two side choices Frozen Juice Icie Choice of milk	8 Spaghetti w/ meat sauce Homemade Pizza or Chef Salad Two side choices Apple Crisp Choice of milk	9 Hot Ham & Cheese Sandwich  Or Corn Dog Chef Salad Two side choices Yellow cake Choice of milk	10 Turkey & Provolone Panini Or BBQ Pork Patty Chef Salad Two side choices Peach Crisp Choice of milk	11. Cheeseburger Meat and Cheese Nachos or Chef Salad Two side choices Chocloate Pie Choice of milk
14. Hot Dog Or Meatball Sub Chef Salad Two side choices Pudding Choice of milk	Toasted Cheese Or Ravioli Chef Salad Two side choices Dessert Choice of milk	16. Sub Sandwich or Or Catfish/Fries Chef Salad Two side choices Apple Crisp Choice of milk	17. Pretzel w/ cheese Meat and Cheese Nachos or Chef Salad Two side choices Dessert Choice of milk	18. Fajita Chicken Quesadilla Homemade Pizza or Chef Salad Two side choices Dessert Choice of Milk
21. Baked Meat & Cheese Rotini Homemade Pizza or Chef Salad Two side choices Dessert Choice of milk	22 Chicken Nuggets Meat and Cheese Nachos or Chef Salad Two side choices Dessert Choice of milk	23 Macaroni and Cheese Or Sub Sandwich Chef Salad Two side choices Peach Crisp Choice of milk	24. Ham & Cheddar Panini Or Catfish/Fries Chef Salad Two side choices Dessert Choice of milk	25. Turkey, gravy, mashed Potatoes Homemade Pizza or Chef Salad Two side choices Dessert Choice of milk
28. Chicken Nuggets Homemade Pizza or Chef Salad Two side choices Dessert Choice of milk	29 Turkey, gravy, mashed Potatoes Meat and Cheese Nachos or Chef Salad Two side choices Dessert Choice of milk	30 Sub Sandwich Homemade Pizza or Chef Salad Cold Bar Selection Two side choices Dessert Choice of milk	Chef's Choice Chef Salad Two side choices Dessert Choice of milk	
MENU SUBJECT TO CHANGE <u>Daily Entrée Offerings Include:</u> Chef Salad with Choice of dressing, two side choices, and milk. <u>Daily Cold Bar Includes Choices From:</u> Desserts, Fresh Fruit, Canned Fruit, Fresh Vegetables, Yogurt <u>Daily Milk Choices Include:</u> Skim White, Low Fat White, Low Fat Chocolate, and Low Fat Strawberry  Products with this symbol on the menu are made with whole grain.				

Balanced Choices Meal:

Go beyond Nutritional Standards set forth by the USDA. Each meal provides 1/3 of the student's daily requirements for Calories, Vitamin A, Vitamin C, Calcium, Iron and provides less than 30% calories from Fat and less than 10% calories from saturated fat, and have no more than 1300 mg of sodium.

If you have any questions about the menu call: Robin Sutton, Food Service Director @ 314-544-1300, ext. 419

The School Lunch Program is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington, D.C. 20250.

