

# Saints Academy

## Lunch Menu September 2018

Lunch \$2.50 2<sup>nd</sup> Lunch \$3.75/Adult \$3.75

Extra Entrée \$2.15/Extra Milk \$.50

Grab-n-Go breakfast offered daily.  
Grab-n-Go breakfast includes milk, fruit, fruit juice, choice of cheese stick or yogurt, and choice of whole grain cereal bar, WG cereal bowl, WG bagel with cream cheese, or WG Frudel.

Choice of low fat milk, a variety of fruit, vegetables & lettuce salad offered daily with each meal. A boxed entree salad or turkey and cheese sandwich is available daily as an alternative.

Monday	Tuesday	Wednesday	Thursday	Friday
No School 3	4	5	6	7
	State Fair Style Whole Grain MINI CORN DOGS♦ with Mustard & Ketchup Crispy Tater Tots Green Beans with Red Peppers Pineapple Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl	Whole Grain NACHOS with Beef Taco Meat♦, Cheese, Lettuce, Tomato, Red Peppers, Olives, Lite Sour Cream & Salsa Refried Beans 100% Juice Cup Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl	Crispy POPCORN CHICKEN♦ with BBQ and Honey Mustard Sauce Whole Grain Pasta Salad Creamy Coleslaw Mixed Fruit Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl <b>Harvest of the Month Sampling</b>	Whole Grain MOZZARELLA CHEESE STIX♦ with Pizza Sauce Cooked Carrots Applesauce Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl
10	11	12	13	14
HOT TURKEY OPEN FACE SANDWICH on WHOLE GRAIN BREAD with Creamy MASHED POTATOES & GRAVY over all Cranberry Sauce Peas Peaches Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl	CHILI CHEESE FRITOS with Reduced Fat Fritos, Onions, Cheese & Lite Sour Cream Whole Grain Combread with Honey Butter Topping Broccoli, Peas Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl	LOADED FOOTLONG HOT DOG on a Whole Grain BUN with pickle relish, onions & mustard, Crispy Tater Tots Baked Beans Baby Carrots Mandarin Oranges Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl	SCHOOL MADE CHEESY LASAGNA Whole Grain Garlic Bread Stick Steamed Corn Pineapple Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl	BREADED FISH SANDWICH OR GRILLED CHEESE SANDWICH on Whole Grain Bread Dippin' Cream of Tomato Soup Ambrosia Fruit Salad Creamy Coleslaw Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl Frozen Juicy
17	18	19	20	21
BREADED PORK CUTLET with MASHED POTATOES and GRAVY with WHOLE GRAIN TEA ROLL Steamed Broccoli Mixed Fruit Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl	ROAST BEEF FRENCH DIP with Peppers, Onions and Swiss on a Whole Grain BUN with Au Jus, Horseradish Sauce, or Mayo Steamed Corn and Broccoli Bacon Salad Peas Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl Assorted Pudding with Whipped Topping	BIG DADDY'S BUFFALO CHICKEN or FOUR MEAT PIZZA on Whole Grain Crust with Toppings: Diced Tomatoes and Lite Ranch Dressing Cooked Carrots Baked Beans Mandarin Oranges Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl Whole Grain Chocolate Chip Cookie	Loaded BACON CHEESEBURGER on Whole Grain BUN with Lettuce, Tomato Slices and Onions Crispy Tater Tots Baked Beans Applesauce Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl	Whole Grain PERSONAL PAN CHEESE PIZZA Peas and Carrots Creamy Coleslaw Pineapple Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl
24	25	26	27	28
Slow Roasted BBQ PULLED PORK on a Whole Grain BUN Crispy Tater Tot Potatoes Baked Beans and Creamy Coleslaw Peas Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl	SPAGHETTI & BEEF MEATBALLS♦ with Red Sauce over Whole Grain PASTA Parmesan Cheese Whole Grain Garlic Breadstick Steamed Broccoli Applesauce Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl	TACO IN A BAG with Taco Meat♦, Whole Grain Nacho Tortilla Chips, Lettuce, Tomato, Cheese, Peppers, Olives, Lite Sour Cream & Salsa 100% Juice Cup Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl	Crispy CHICKEN TENDERS♦ Creamy Mashed Potatoes and Gravy Cooked Carrots Mixed Fruit Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl Whole Grain Dinner Roll	Whole Grain CHEESE BOSCO STICKS♦ with Pizza Sauce Green Beans with Red Peppers Peaches Jello Salad with Mixed Fruit Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl

♦ USDA Child Nutrition Label, (USDA Certified product meets Child Nutrition meal pattern requirements for lean protein &/or whole grain rich grains). Program benefits and services are available to all children without regard to race, religion, color, sex, handicap, age or national origin. Free and reduced meal applications are available throughout the year in all schools or on the website at [www.isd15.org](http://www.isd15.org). Students that receive free/reduced lunch also receive a free breakfast. Sending cash is at your own risk. Please send checks or use Visa, MasterCard, Discover, electronic check or debit card to purchase meals at <https://paypams.com>, a transaction fee will be assessed for each transaction. \*\*Menu, product & nutritional information are subject to change per vendor product availability. This Institution is an equal opportunity provider.