

St. Anthony	September 2016				
High School	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch Menu 2016-17					
Prices:					
Secondary: \$2.90					
Reduced: Free				1	2
Adult: \$3.80		Hamburger on Whole Wheat Bun	<b>Sensational Sub Sandwich</b> Fresh Baked Sub Sandwich w/Garden Fresh Fixings	Mexican Taco with Fixings Zesty Salsa	<b>Friday Fun Day</b> Chicken Nuggets Seasoned Brown Rice Blend
Milk: \$.55		<i>Cheese Stix w/Marinara</i> Pickle Slices	<i>Popcorn Chix w/SS &amp; Rice</i> Pickle Slices	Refried Beans Whole Kernel Corn	Steamed Green Beans Crunchy Fresh Vegetables
Breakfast: \$2.15		Sweet Potato Confetti Tots Chilled Applesauce & Fresh Fruit	Crisp Baby Carrots Pineapple Tidbits & Fresh Fruit	Diced Pears & Fresh Fruit	Whole Wheat Bread Diced Peaches & Fresh Fruit
Gluten Free,	5	6	7	8	9
Salad Bar	<b>Pizza Ria</b>	Mexican Haystacker	<b>Brunch Lunch</b>	Toasty Grilled Cheese Sandwich on Whole Wheat Bread	<b>Catch of the Day</b>
Options Are	Pepperoni Pizza	with Fluffy Rice & Fixings	Whole Wheat French	on Whole Wheat Bread	Shrimp Poppers
Available Daily	<i>Chix Strips w/Dipping Sauce</i>	Refried Beans	Toast Sticks	Creamy Tomato Soup	Oven Brownd Potatoes
	Spinach & Romaine	Steamed Green Beans	Crispy Hashbrown	Crunchy Garden Veggies	Rotini Ranch Salad w/Edamame
	Garden Blend Salad	Mandarin Oranges & Fresh Fruit	Savory Sausage Patties	w/Hummus	Steamed Peas & Carrots
	Whole Kernel Corn	Lowfat Milk Choices	Tangy Chilled Tomato Juice	Chilled Applesauce & Fresh Fruit	Whole Wheat Bread
	Whole Wheat Bread		Diced Pears & Fresh Fruit	Lowfat Milk Choices	Mixed Fruit Cup & Fresh Fruit
	Chilled Peaches & Fresh Fruit		Lowfat Milk Choices 14	Lowfat Milk Choices 15	Lowfat Milk Choices 16
	Lowfat Milk Choices 12	13			
	Chicken Patty on Whole Wheat Bun	<b>Marketplace</b>	<b>Let's Go Italian</b>	<b>Dunker Day</b>	
	w/Shredded Lettuce	Shaved Deli Turkey Breast on Whole Wheat w/Shredded	Italian Whole Wheat Pasta w/Marinara Sauce & Mozz. Cheese	Footlong Hot Dog on Bun <i>BBQ Rib on Bun</i>	Cheese Bread Dunkers w/Marinara Sauce
	<i>Bosco Stix w/Marinara Sauce</i>	Lettuce, Tomato & Pickle Spear	Garden Fresh Romaine Salad	Baked Beans	Fresh Broccoli Bites
	Steamed Green Beans	<i>Beef Ravioli w/Breadstick</i>	Crisp Baby Carrots	Crunchy Celery Sticks	Whole Kernel Corn
	Pineapple Tidbits & Fresh Fruit	French Market Salad	Garlic Bread	Diced Pears & Fresh Fruit	Mixed Fruit Cup & Fresh Fruit
	Lowfat Milk Choices	Tangy Chilled Tomato Juice	Chilled Applesauce & Fresh Fruit	Lowfat Milk Choices	Lowfat Milk Choices
<i>The menu is subject to change</i>		Diced Peaches & Fresh Fruit Lowfat Milk Choices	Lowfat Milk Choices		
	19	20	21	22	23
<i>without notice and may contain allergens including but not limited to: peanuts, tree nuts, grains, produce, dairy and oils.</i>	Roasted Chicken Fillet on a Whole Wheat Bun	<b>Nachos El Grande</b> Nachos w/ Meat & Cheese Sauce	Hamburger on WW Bun Pickle Slices	Hot Dog on Whole Wheat Bun Creamy Potato Salad	Italian Baked Ziti w/ Mozzeralla Cheese
	Shredded Lettuce	Bold Black Bean Salsa	<i>Cheese Bread Dunkers</i>	Calico Baked Beans	Baby Kale & Romaine Salad
	<i>Oven Baked Chicken</i>	Whole Kernel Corn	Fresh Cucumber Slices & Celery Sticks	Mixed Fruit Cup & Fresh Fruit	Seasoned Broccoli
	Sweet Potato Side Dish	Whole Grain Bread	Steamed Green Beans	Lowfat Milk Choices	Multi Grain Breadstick
	California Blend Veggies	Cinnamon Applesauce & Fresh Fruit	Chilled Peaches & Fresh Fruit		Diced Pears & Fresh Fruit
	Mandarin Oranges & Fresh Fruit	Lowfat Milk Choices 26	Lowfat Milk Choices 28	29	Lowfat Milk Choices 30
	26	27			