



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

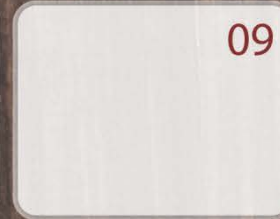


05
NACHOS
 w/Ground Beef
 Lettuce & Tomato
 Fruit Smoothie

06
SPAGHETTI
 Cut Green Beans
 Canned Fruit Mix

07
CHICKEN TENDERS
 bbq for dipping
 Mashed Potatoes
 Gravy
 Sliced Peaches

08
HAMBURGER
 Lettuce & Tomato
 Fries
 Frozen Fruit Bar



12
HAM & CHEESE
 Veggie Sticks
 Applesauce Cup

13
TACOS
 Lettuce & tomato
 Refried Beans
 Fresh Orange

14
PIZZA
 Baby Carrots
 Watermelon
 Chunks

15
CHICKEN TENDER SANDWICH
 Celery Sticks
 Fruit Smoothie SK



19
DRUMSTICK, MAC N- CHEESE CORN (1/4 C) ROLL, WW
 Watermelon

20
BEAN BURRITO
 Salsa
 FRIES

21
ENCHILADAS, CHICKEN
 Refried Beans
 Fresh Apple Slices

22
BEEF PATTY
 w/Gravy
 Potato Wedges
 Roll, ww
 Frozen Fruit Bar



26
NACHOS
 w/Ground Beef
 Lettuce & Tomato
 Fruit Smoothie,SK

27
SPAGHETTI
 Cut Green Beans
 Fresh Fruit

28
CHICKEN TENDERS
 bbq for dipping
 Mashed Potatoes
 Gravy
 Sliced Peaches

29
HAMBURGER
 Lettuce & Tomato
 Fries
 Frozen Fruit Bar

30
 Join us for
 Breakfast or lunch at
 one of our Summer
 Feeding sites.
 Call 966-1714 for more
 information!

InSeason! Watermelon

Watermelons are mostly water — about 92 percent — but this refreshing fruit is soaked with nutrients. Each juicy bite has significant levels of vitamins A, B6 and C, lots of lycopene, antioxidants and amino acids. There's even a modest amount of potassium.



St Mary's School

4:45-6:30 M-TH

1-18 years old EAT

FREE.

All meals are served with choice of milk; 1% White Milk, or Fat Free Milk. or Chocolate.

Menus are subject to change due to delivery shortages from our distributors.

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Adults \$4.00

