



Breakfast

High School



Fresh Fruit and Vegetable Bar Served Daily!

Monday

Tuesday

Wednesday

Thursday

Friday

31- Cinnamon Raisin Bagel
Assorted Low Sugar Cereals &WW
toast, jelly
100% Apple Juice
Pineapple Tidbits

1- Ham, Egg & Cheese Quesadilla
Assorted Low Sugar Cereals &WW
toast, jelly
100% Orange Juice
Applesauce

2- Mini Cinnis Roll
Assorted Low Sugar Cereals &WW toast,
jelly
100% Grape Juice
Pineapple Tidbits

3- English Muffin w/Egg & Sausage
Assorted Low Sugar Cereals &WW
toast, jelly
100% Orange juice
Fresh Bananas

4- Turkey Sausage Links
Country Style Hash Brown
Assorted Low Sugar Cereals &WW
toast, jelly
100% Apple Juice
Sliced Peaches

7- Colby Cheese Omelet
Assorted Low Sugar Cereals &WW
toast, jelly
100% Orange Juice
Diced Pears

8- Cinnamon Raisin Bagel
Assorted Low Sugar Cereals &WW
toast, jelly
100% Apple Juice
Sliced Orange

9- Whole Grain Pancakes w/Syrup
Assorted Low Sugar Cereals &WW toast,
jelly
100% Grape Juice
Fresh Apples

10- Biscuit & Country Gravy
Assorted Low Sugar Cereals &WW
toast, jelly
100% Apple Juice
Sliced Peaches

11- Pineapple Yogurt Parfait
Assorted Low Sugar Cereals &WW
toast, jelly
100% Orange Juice
Fresh Bananas

14- Turkey Pancake Wrap on a Stick
Assorted Low Sugar Cereals &WW
toast, jelly
100% Orange Juice
Applesauce

15- Scramble Egg w/Biscuit
Assorted Low Sugar Cereals &WW
toast, jelly
100% Apple Juice
Diced Pears

16- Egg & Cheese Burrito
Assorted Low Sugar Cereals &WW toast,
jelly
100% Grape Juice
Pineapple Tidbits

17- Biscuit w/Sausage & Cheese
Assorted Low Sugar Cereals &WW
toast, jelly
100% Orange Juice
Fresh Bananas

18- Jumbo Waffles
Assorted Low Sugar Cereals &WW
toast, jelly
100% Orange Juice
Fresh Apples

21- French Toast Sticks w/ Turkey
Sausage
Assorted Low Sugar Cereals &WW
toast, jelly
100% Grape Juice
Diced Pears

22- Breakfast Sausage Pizza
Assorted Low Sugar Cereals &WW
toast, jelly
100% Apple Juice
Sliced Oranges

23- Whole Grain Pancakes w/Syrup
Assorted Low Sugar Cereals &WW toast,
jelly
100% Orange Juice
Fresh Apples

24- Whole Grain Blueberry Loaf
Assorted Low Sugar Cereals &WW
toast, jelly
100% Grape Juice
Applesauce

25- Whole Wheat Toast w/Margarine
Assorted Low Sugar Cereals &WW
toast, jelly
100% Apple Juice
Sliced Peaches

28- Mini Cinnis Roll
Assorted Low Sugar Cereals &WW
toast, jelly
100% Apple Juice
Pineapple Tidbits

29- Ham, Egg & Cheese Quesadilla
Assorted Low Sugar Cereals &WW
toast, jelly
100% Orange Juice
Applesauce

30- Cinnamon Raisin Bagel
Assorted Low Sugar Cereals &WW toast,
jelly
100% Grape Juice
Pineapple Tidbits

SLPS Foodservice Director: Althea Albert-Santiago, **Director of Dining Services:** Tony Starks, 314-381-4155

Lunch and Breakfast Menu Meal Prices

Paid Lunch.....\$1.35	Paid Breakfast.....\$0.00	
Reduced Lunch.....\$0.40	Reduced Breakfast.....\$0.00	
Staff/Adult Lunch.....\$2.50	Staff/Adult Breakfast.....\$2.00	Milk.....\$0.35

Milk

Reduced Fat Milk Variety Offered Daily



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April 2014



Lunch

High School

Fresh Fruit and Vegetable Bar Served Daily!



Monday

31-Traditional Cuisine: Salisbury Steak w/Roll & Rice
Ballpark Classics: Hamburger
Adobe Grill: Bean & Cheese Tostada w/Rice
Luigi's: WG Cheese pizza
Red Dragon: Chile Garlic Stir Fry
Gourmet Greens: Ham & Cheese Salad
Daily Deli
Hot Veggie: Mashed Potatoes

7- Traditional Cuisine: Chicken Parmesan
Ballpark Classics: Hamburger
Adobe Grill: Bean & Cheese Tostada w/Rice
Luigi's: WG Pepperoni Pizza
Red Dragon: Red Thai Chicken Stir Fry
Gourmet Greens: Crispy Chicken Salad
Daily Deli
Hot Veggie: Green Beans

14-Traditional Cuisine: Meatballs & Noodles w/Roll
Ballpark Classics: Hamburger
Adobe Grill: Beef Burrito
Luigi's: WG Cheese pizza
Red Dragon: Chicken Chow Mein
Gourmet Greens: Chicken Caesar Salad
Daily Deli
Hot Veggie: Corns

21- Traditional Cuisine: Swedish Meatballs
Ballpark Classics: Hot Dog
Adobe Grill: Turkey Taco
Luigi's: WG Cheese Pizza
Red Dragon: Orange Chicken Popcorn
Gourmet Greens: Crispy Chicken Salad
Daily Deli
Hot Veggie: Mixed Vegetables

28- Traditional Cuisine: Salisbury Steak
Ballpark Classics: Grilled Cheese Sandwich
Adobe Grill: Bean & Cheese Tostada
Luigi's: WG Cheese Pizza
Red Dragon: Chile Garlic Chicken Stir Fry
Gourmet Greens: Ham & Cheese Salad
Daily Deli
Hot Veggie: Tater Gem

Tuesday

1- Traditional Cuisine: Alfredo Pasta w/Chicken
Ballpark Classics: Cheeseburger
Adobe Grill: Chicken Burrito
Luigi's: WG Cheese Pizza
Red Dragon: Beef LoMein Stir Fry
Gourmet Greens: Crispy Chicken Caesar Salad
Daily Deli
Hot Veggie: Steamed Broccoli

8- Traditional Cuisine: Oven Baked Chicken
Ballpark Classics: Cheeseburger
Adobe Grill: Chicken Taco
Luigi's: WG Cheese Pizza
Red Dragon: Chile Garlic Chicken Fajita
Gourmet Greens: Buffalo Chicken Salad
Daily Deli
Hot Veggie: Italian Mix Vegetables

15- Traditional Cuisine: County Fried Steak
Ballpark Classics: Cheeseburger
Adobe Grill: Chicken Taco
Luigi's: WG Cheese Pizza
Red Dragon: Sweet & Sour Chicken Popcorn
Gourmet Greens: Crispy Chicken Salad
Daily Deli
Hot Veggie: Tater Gem

22- Traditional Cuisine: BBQ Glazed Chicken
Ballpark Classics: Cheeseburger
Adobe Grill: Enchiladas
Luigi's: WG Sausage Links Pizza
Red Dragon: Sweet & Sour Chicken
Gourmet Greens: Italian Salad
Daily Deli
Hot Veggie: Mashed Potatoes

29-Traditional Cuisine: Alfredo Pasta w/Chicken
Ballpark Classics: Cheeseburger
Adobe Grill: Chicken Burrito
Luigi's: WG Pepperoni & Jalapeno Pizza
Red Dragon: Beef LoMein Stir Fry
Gourmet Greens: Crispy Chicken Salad
Daily Deli
Hot Veggie: Steamed Broccoli

Wednesday

2- Traditional Cuisine: Primavera Pasta
Ballpark Classics: Hamburger
Adobe Grill: Chicken Quesadilla
Luigi's: WG BBQ Chicken Pizza
Red Dragon: Teriyaki Chicken
Gourmet Greens: BBQ Chicken Salad
Daily Deli
Hot Veggie: Green Peas

9- Traditional Cuisine: Chicken Tetrazzini
Ballpark Classics: Hamburger
Adobe Grill: Cheese Enchilada
Luigi's: WG Supreme Pizza
Red Dragon: Orange Chicken Popcorn
Gourmet Greens: Crispy Chicken Salad
Daily Deli
Hot Veggie: Tater Gem

16- Traditional Cuisine: Salisbury Steak
Ballpark Classics: Hawaiian Hamburger
Adobe Grill: Chicken Quesadilla
Luigi's: WG Pepperoni & Jalapeno Pizza
Red Dragon: Teriyaki Chicken
Gourmet Greens: BBQ Chicken Salad
Daily Deli
Hot Veggie: Steamed Broccoli

23- Traditional Cuisine: Baked Ziti w/Rotini & Breadstick
Ballpark Classics: Hamburger
Adobe Grill: Chicken Tacos
Luigi's: WG Cheese Pizza
Red Dragon: Korean Chicken
Gourmet Greens: Chef Salad
Daily Deli
Hot Veggie: Broccoli w/Cheese Sauce

30-Traditional Cuisine: Primavera Pasta
Ballpark Classics: Spicy Chicken Sandwich
Adobe Grill: Chicken Quesadilla
Luigi's: WG BBQ Chicken Pizza
Red Dragon: Teriyaki Chicken
Gourmet Greens: Grilled Chicken Salad
Daily Deli
Hot Veggie: Green Peas

Thursday

3- Traditional Cuisine: Homemade Meatloaf
Ballpark Classics: Cheeseburger
Adobe Grill: Beef Nachos
Luigi's: WG Sausage Crumbles Pizza
Red Dragon: Orange Chicken Popcorn
Gourmet Greens: Grilled Chicken Garden Salad
Daily Deli
Hot Veggie: Cooked Crinkle Cut Carrots

10-Traditional Cuisine: Beef Macaroni
Ballpark Classics: Turkey Corn Dog
Adobe Grill: Supreme Nacho
Luigi's: WG Ham & Cheese Pizza
Red Dragon: Sweet & Sour Chicken Popcorn
Gourmet Greens: Grilled Chicken Salad
Daily Deli
Hot Veggie: Steamed Broccoli

17- Traditional Cuisine: Homemade Meatloaf
Ballpark Classics: Cheeseburger
Adobe Grill: Supreme Nachos
Luigi's: WG Ham & Cheese Pizza
Red Dragon: Orange Chicken Popcorn
Gourmet Greens: Buffalo Chicken Salad
Daily Deli
Hot Veggie: Black Beans

24- Traditional Cuisine: Ham Macaroni & Cheese
Ballpark Classics: Cheeseburger
Adobe Grill: Cheese Quesadilla
Luigi's: WG Buffalo Chicken Pizza
Red Dragon: Beef & Broccoli Stir Fry
Gourmet Greens: Grilled Chicken Salad
Daily Deli
Hot Veggie: Green Beans

Friday

4- Traditional Cuisine: Baked Ziti w/Rotini & Breadstick
Ballpark Classics: Fish Patty Sandwich
Adobe Grill: Beef Taco
Luigi's: WG Chicken Alfredo Pizza
Red Dragon: Sweet & Sour Chicken Popcorn
Gourmet Greens: Turkey Taco Salad
Daily Deli
Hot Veggie: Potato Wedges Fries

11- Traditional Cuisine: Swedish Meatballs
Ballpark Classics: Hamburger
Adobe Grill: Supreme Nacho
Luigi's: WG BBQ Chicken Pizza
Red Dragon: Beef & Broccoli Fajita
Gourmet Greens: Chicken Caesar Salad
Daily Deli
Hot Veggie: Cooked Crinkle Cut Carrots

18- Traditional Cuisine: Beef Stroganoff
Ballpark Classics: Fish Patty Sandwich
Adobe Grill: Supreme Nacho
Luigi's: WG BBQ Chicken Pizza
Red Dragon: Chile Garlic Chicken Popcorn
Gourmet Greens: Spicy Crispy Chicken Salad
Daily Deli
Hot Veggie: Mixed Vegetables

25- Traditional Cuisine: Beefy Macaroni
Ballpark Classics: Hamburger
Adobe Grill: Beef Nachos
Luigi's: WG Ham & Cheese Pizza
Red Dragon: Beef Thai Noodle
Gourmet Greens: Spicy Crispy Chicken Salad
Daily Deli
Hot Veggie: Sweet Potato Fries

Menu Subject to Change

Milk
 Reduced Fat Milk Variety Offered Daily



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