



Breakfast

High School

Fresh Fruit and Juice Bar Served Daily!

Monday

Tuesday

Wednesday

Thursday

Friday

Served Every Day ...

Assorted WH Low-Sugar Cereal
WG Toast and Margarine/Jelly



Look for our "Fruit of the Month": Strawberries!
Strawberries are a great source of fiber and vitamin C.



1- Turkey Ham, Egg, & Cheese Quesadilla w/Salsa
Fresh Banana
Orange Juice

4- Apple Frudel **V**
Diced Pears
Apple Juice

5- Egg & Turkey Sausage
Taco w/ Salsa
Orange Juice
Applesauce

6- Banana Loaf **V**
Grape Juice
Pineapple Tidbits

7- Pancakes & Turkey Sausage
Apple Juice
Sliced Peaches

8- Breakfast Turkey Sausage Pizza
Fresh Banana
Orange Juice

11- Mini Cinni Roll **V**
Apple Juice
Pineapple Tidbits

12- Egg & Turkey Sausage
English Muffin Sandwich
Orange Juice
Applesauce

13- Mini Blueberry Pancakes **V**
Grape Juice
Mandarin Oranges

14- Cinnamon Raisin Bagel w/ cream cheese **V**
Apple Juice
Sliced Peaches

15- Turkey Ham, Egg, & Cheese Quesadilla w/ Salsa
Orange Juice
Fresh Banana

18- No School

19- Whole-grain Cinnamon Roll **V**
Grape Juice
Pineapple Tidbits

20- Waffles **V**
Fresh Banana
Orange Juice

21- Pineapple & Vanilla Yogurt Parfait **V**
Apple Juice
Diced Pears

22- Breakfast on a Stick **V**
Orange Juice
Pineapple Tidbits

**Food and Nutrition Services Director: Althea Albert-Santiago, 314-345-4519; SFE Director of Dining Services: Mike Butler, 314-381-4155
SFE Associate Director of Nutrition Operations: Megan Fraley, 314-381-4155**

High School Menu Prices:

Student Second Lunch \$1.35	Student Second Breakfast \$1.35
Adults Lunch \$2.50	Adult Breakfast \$2.25

First Meals for both Breakfast and Lunch are Free

Menu is subject to change
SLPS is a pork-free district
All recipes made with whole grains
Vegetarian items **V**

Milk

Reduced Fat Milk Variety Offered Daily

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Lunch

High School

Fresh Fruit and Vegetable Bar Served Daily!



Monday

Tuesday

Wednesday

Thursday

Friday

Daily Offerings

Ballpark Grill: Mon: Spicy Chicken Sandwich, Tues: Cheeseburger, Wed: Hamburger/Fish Patty Sandwich, Th: Spicy Chicken Sandwich, Fri: Cheeseburger
Delicatessen: build your own deli
Pasta Express: build your own pasta - Tues. & Thursday
Taco Street: Build your own tacos – Monday & Friday
Panini: Cordon Bleu, Italian, Turkey Pesto, or Veggie Melt **V**
Luigi's Pizza Daily: Cheese **V**

This month we will be offering pizza made with sauce from local tomatoes. Local vegetables are fresher, more nutritious, and support farmers in our area!



1-Traditional: Popcorn Chicken & Stuffing
Luigi's Pizza: Chicken Alfredo
Red Dragon: Chicken Teriyaki w/ Brown Rice
Gourmet Greens: Crispy Chicken Salad

4- Traditional: Cajun Baked Fish Patty w/ Roll
Luigi's Pizza: Supreme
Red Dragon: Beef & Broccoli Stir Fry w/ Brown Rice
Gourmet Greens: Turkey Ham & Cheese Salad

5- Traditional: Grilled Cheese Sandwich & Tomato Soup **V**
Luigi's Pizza: Turkey Ham & Cheese
Red Dragon: Sweet & Sour Chicken w/ Rice
Gourmet Greens: Chicken Salad
Ballpark: Turkey Burger (NEW ITEM!)

6- Adobe: Nachos
Traditional: Swedish Meatballs w/ Rice
Luigi's Pizza: Spicy Chicken
Red Dragon: Beef Lo Mein/Noodles
Gourmet Greens: BBQ Chicken Salad

7- Traditional: Country Fried Steak w/Roll
Luigi's Pizza: Pepperoni & Jalapeno
Red Dragon: Chicken Teriyaki w/Rice
Gourmet Greens: Chicken Caesar Salad

8- Traditional: Popcorn Chicken & Stuffing
Luigi's Pizza: Chicken Alfredo
Red Dragon: Orange Chicken w/Brown Rice
Gourmet Greens: Crispy Chicken Salad

Fresh Strawberries

11- Traditional: Cajun Baked Fish Patty w/ Roll
Luigi's Pizza: Supreme
Red Dragon: Beef & Broccoli Stir Fry w/ Brown Rice
Gourmet Greens: Chef Salad w/ Roll

12- Traditional: Grilled Cheese Sandwich & Tomato Soup **V**
Luigi's Pizza: Turkey Ham & Cheese
Red Dragon: Sweet & Sour Chicken w/ Rice
Gourmet Greens: Mediterranean Chicken Salad (NEW ITEM!)

13- Adobe: Nachos
Traditional: Chili Cheese Baked Potato & Roll
Luigi's Pizza: Spicy Chicken
Red Dragon: Beef Lo Mein/Noodles
Gourmet Greens: BBQ Chicken Salad

14- Traditional: Country Fried Steak w/ Roll
Luigi's Pizza: Pepperoni & Jalapeno
Red Dragon: Orange Chicken w/ Rice
Gourmet Greens: Chef Salad w/ Roll

15- Traditional: Popcorn Chicken & Stuffing
Luigi's Pizza: Chicken Alfredo
Red Dragon: Chicken Teriyaki w/ Brown Rice
Gourmet Greens: Crispy Chicken Salad

18- No School

19- Traditional: Grilled Cheese Sandwich & Tomato Soup **V**
Luigi's Pizza: Buffalo Chicken
Red Dragon: Sweet & Sour Chicken w/ Rice
Gourmet Greens: Turkey Taco Salad

20- Adobe: Nachos
Traditional: Spaghetti w/ Meatsauce & Breadstick
Luigi's Pizza: Spicy Chicken
Red Dragon: Beef Lo Mein
Gourmet Greens: Italian Chicken Salad

21- Traditional: Country Fried Steak w/ Roll
Luigi's Pizza: Pepperoni & Jalapeno
Red Dragon: Orange Chicken w/ rice
Gourmet Greens: Chef Salad w/ Roll

22- Traditional: Popcorn Chicken & Stuffing
Luigi's Pizza: Hawaiian
Red Dragon: Chicken Teriyaki w/ Brown Rice
Gourmet Greens: Turkey Ham & Cheese Salad

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