

SEPTEMBER | 2019



SMA CAFE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 NO SCHOOL

3 Soft Tacos
Taco meat w chips
Cheeseburger
Yogurt parfait
Strawberry PB&J

Corn, refried beans
Fruit cocktails

4 Homemade Chill / Crackers
Hot dog
Grilled cheese
Yogurt parfait
Strawberry PB&J

Tater tots, Peas, Peaches

5 Chicken nuggets
Corn dog
BBQ Riblette
Yogurt parfait
Strawberry PB&J

Butter noodles, carrots, pears

6 Dominos Cheese Pizza
Dominos Pepperoni Pizza
Yogurt parfait
Strawberry PB&J

Mix veggies, applesauce

9 Sausage / Pancakes
Sausage / biscuits
Pepperoni & cheese lunchable
Yogurt parfait
PB&J

Tater tots, applesauce

10 Soft Tacos
Taco meat w chips
Chili Crispitos
Yogurt parfait
Strawberry PB&J

Mexican rice, refried beans
Pineapples

11 1st grade Parent luncheon
Dominos Cheese Pizza
Grilled cheese
Yogurt parfait
Strawberry PB&J

Corn, salad, Peaches

12 Chicken Rings
Italian dippers
Turkey & cheese grab n go bag
Yogurt parfait
Strawberry PB&J

M. potatoes, green beans, pears

13 Subway Turkey
Subway Ham
Subway pepperoni
Yogurt parfait
PB&J

Veggies & dip, chips
Fruit cocktails

16 Bacon Cheeseburger
BBQ Riblette
Grilled cheese
Yogurt parfait
Strawberry PB&J

Smile fries, Soup, Applesauce

17 Soft Tacos
Taco meat w chips
Cheeseburger
Yogurt parfait
PB&J

Corn, refried beans
Fruit cocktails

18 Homemade Spaghetti / Garlic bread
Grilled cheese
Yogurt parfait
PB&J

Green beans, Salad, Pears

19 Chicken nuggets
Corn dog
Ham & cheese grab n go bag
Yogurt parfait
PB&J

Carrots, noodles, Fruit cocktails

20 EARLY DISMISSAL

23 Chicken & waffles
Chicken & biscuits
Pepperoni & cheese lunchable
Yogurt parfait
PB&J

Tater tots, applesauce

24 Soft Tacos
Taco meat w chips
Crispitos
Yogurt parfait
PB&J

Mexican rice, refried beans,
pineapples

25 4th grade Parent luncheon
Dominos Cheese Pizza
Grilled cheese
Yogurt parfait
PB&J

Corn, salad, Peaches

26 Asian chicken
Popcorn chicken
Homemade Chicken Alfredo
Yogurt parfait
PB&J

Seasoned Rice, Broccoli, pears

27 Subway Turkey
Subway Ham
Subway pepperoni
Yogurt parfait
PB&J

Veggies & dip, chips,
Fruit cocktails

30 Chicken nuggets
Hot dog
BBQ Riblette
Yogurt parfait
PB&J

Carrots, noodles, applesauce

1

2

3

4
**Thanks for
supporting SMA
Cafe!**

**Students, staff, and visitor's
plate lunches all cost \$3.50**

**Milk, juice or water come
with all plate lunches.**

Subway lunches are \$5.00.

**Subway sandwich only
\$3.50**

Water, 100% juice, milk .65

Chips, Sweet treats .75

**Extra fruit or vegetable, Ice
cream, large drink \$1.00**

Extra meat entrées \$2.00

**More fresh fruits and
vegetables.**

**Ala carte items are low
sugar, baked or 51% grain
products.**

**We are always working to
offer SMA students
healthier tastier lunch
choices.**