





# St. Regis Academy

## September 2022

**Ms. Sue needs everyone's help.**  
**Please fill out the Free & Reduced Lunch Applications.**  
**These applications will help St. Regis qualify for Meal Service and other programs. Thank you!**

Monday	Tuesday	Wednesday	Thursday	Friday
		<p><i>All Meals include 8oz. Milk</i>  <i>Lunch choice is</i>  <i>Chocolate Skim or</i>  <i>2% White</i></p> <p><i>Hand Fruit</i>  <i>available for all meals</i></p>	<p><b>1</b>            Yogurt            Grahams            Fruit Juice</p> <p>Pizza            Garden Salad            Mixed Fruit Cup</p>	<p><b>2</b>            Super Donut            Fruit Juice</p> <p>Corn Dog            Seasoned Fries            Applesauce</p>
<p><b>5</b>  <b>No School</b></p> 	<p><b>6</b>            Breakfast Burrito            Fruit Juice</p> <p>Chicken Enchilada            Spanish Rice            Tortilla Chips            Diced Pears</p>	<p><b>7</b>            Pop Tart            Fruit Juice</p> <p>Cheeseburger on WW bun            Tator Tots            Diced Peaches</p>	<p><b>8</b>            Yogurt            Breakfast Bar            Fruit Juice</p> <p>Chicken Alfredo with a Twist            Broccoli            Lunch Bunch Grapes            Dinner Roll</p>	<p><b>9</b>            Banana Bread            Fruit Juice</p> <p>Chicken Breast Sandwich            Creamy Cole Slaw            Goldfish Crackers            Cinnamon Apples</p>
<p><b>12</b>            Cereal w/ Cheese Stick            Fruit Juice</p> <p>Tangarine Chicken            Brown Rice            Stir Fry Vegetables            Mandarin Oranges</p>	<p><b>13</b>            French Toast Sticks            Fruit Juice</p> <p>Taco Salad            w/ Tortilla Chips            Chili Beans            Diced Pears</p>	<p><b>14</b>            Freshly Baked Whole Wheat            Muffin            Fruit Juice</p> <p>Chicken Parmesan            Bread Stick            Carrot Coins            Mixed Fruit</p>	<p><b>15</b>            Yogurt Parfait            Grahams            Fruit Juice</p> <p>BBQ Diced Chicken on WW Bun            Potato Wedges            Cheeze It            Mixed Fruit</p>	<p><b>16</b>  <b>No School</b></p> 
<p><b>19</b>            Cereal w/ Cheese Stick            Fruit Juice</p> <p>Hot Dog            Baked Beans            Goldfish Crackers            Applesauce</p>	<p><b>20</b>            Cinnamon Roll            Fruit Juice</p> <p>Pork or Chicken Taco            Corn            Tortilla Chips            Fruit Cup</p>	<p><b>21</b>            Super Donut            Fruit Juice</p> <p>BBQ Ham on WW Bun            Sweet Potato Wedges            Diced Pears</p>	<p><b>22</b>            Yogurt            Grahams            Fruit Juice</p> <p>Spaghetti Bake            Green Beans            Mixed Fruit            Bread Stick</p>	<p><b>23</b>            Banana Bread            Fruit Juice</p> <p>Breaded Chicken Sandwich            on WW Bun            Tater Tots            Orange Carrots            Mixed Fruit</p>
<p><b>26</b>            Cereal w/ Cheese Stick            Fruit Juice</p> <p>Sweet &amp; Sour Chicken            Brown Rice            Stir Fry Vegetables            Pineapple Tidbits</p>	<p><b>27</b>            French Toast Sticks            Fruit Juice</p> <p>Chicken Fajitas            Tortilla Chips w/            Black Bean &amp; Corn Salsa            Perfect Pinto Beans            Mixed Fruit</p>	<p><b>28</b>            Freshly Baked Whole Wheat            Muffin            Fruit Fruit Juice</p> <p>Chili            Carrot &amp; Celery Sticks            with Ranch            Cinnamon Apples            Cornbread Muffin</p>	<p><b>29</b>            Yogurt            Grahams            Fruit Juice</p> <p>Western BBQ Pork            Potato Wedges            Goldfish Crackers            Fruit Cup</p>	<p><b>30</b>            Pop Tarts            Fruit Juice</p> <p>Chicken Nuggets            Mashed Potatoes &amp; Gravy            Green Beans            Mixed Fruit</p>

Menu subject to change

"Ms. Sue" - Susan Young, Food Service Manager