



## FREE LUNCH – NO COST

The United States Department of Agriculture (USDA) is waiving certain requirements due to the pandemic, and the result is that **all St. Mary students are now eligible for free lunch.**  
Students do not have to pay for qualified lunches\*



## October Lunch Menu

**WEEK                      MONDAY                      TUESDAY                      WEDNESDAY                      THURSDAY                      FRIDAY**

**October  
4-8**

**Hotdogs/  
Brats**

Fruit  
Vegetable  
Milk

**Bosco “Cheese”  
Sticks/Marinara  
Sauce**

Fruit  
Vegetable  
Milk

**Chicken  
Alfredo over  
Noodles**

Fruit  
Vegetable  
Milk

**Chicken  
Nuggets**

Fruit  
Vegetable  
Milk

**Pepperoni  
Stuffed Crust  
Pizza**

Fruit  
Vegetable  
Milk

**October  
11-15**

**Hamburger or  
Cheeseburger**

Fruit  
Vegetable  
Milk

**French  
Toast/Sausage**

Fruit  
Vegetable  
Milk

**Tacos w/Nacho  
Chips**

Fruit  
Vegetable  
Milk

**Turkey Sub**

Fruit  
Vegetable  
Milk

**Pretzel with  
Cheese Sauce**

Fruit  
Vegetable  
Milk

**October  
18-22**

**Mini  
Corndogs/  
Corndogs**

Fruit  
Vegetable  
Milk

**Ham & Cheese on  
Brioche Bun**

Fruit  
Vegetable  
Milk

**Sweet & Sour  
Chicken with  
Rice**

Fruit  
Vegetable  
Milk

**Personal Pan  
Pizza**

Fruit  
Vegetable  
Milk

**Grilled Cheese &  
Tomato Soup**

Fruit  
Vegetable  
Milk

**Choices:**  
1% White Milk  
&  
Skim Chocolate  
Milk

Students are encouraged to try the daily fruits and vegetables offered.

**Eagles Café**

\*=Whole grain rich foods

**2021-22**

Menu is subject to change Due to Supply Demand