



St. Mary's High School

March 2017



Personal Touch Food Service

Chef Manager:

Bradley O'Hara

Menu is subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Orange sesame Vegetable stir fry Steamed rice Vegetable egg roll	2 Pasta Bolognese or Pasta Marinara Garlic Breadstick Roasted Broccoli	3 Three Cheese pesto flatbread Baked Beans Dilled Coleslaw
6 Healthy choices: Oven roasted turkey breast On whole wheat sub rolls Toasted barley salad Oven roasted vegetable	7 Beef or Chicken Taco in a bag Brown Rice and Bean Bowl Salsa w/Tortilla Chips	8 Ravioli with Alfredo or Marinara Penne Pasta V Roasted Vegetables	9 Greek Chicken Salad Pita bread Lemon pepper cauliflower	10 Blackened Tilapia Sandwich w/ Remoulade Sauce Cajun Fries Vegetable Medley
13 Breakfast Platter Waffle V, Pancake V Sausage, Bacon Tater Tots V Mixed Vegetable V	14 Chicken Quesadillas w/ Black Bean Salsa or Cheese Quesadillas Fiesta Rice Roasted Vegetables	15 Spicy Chicken Fingers Cheesy Macaroni Carrots Sticks & Dip	16 Bacon Cheeseburger Steak Fries Fruit Cup	17 No School Faculty/staff retreat
20 Sahlens Hot Dog on Bun Tater Tots Baked Beans	21 Taco Salad with Cilantro Lime Dressing Black Beans Tortilla Chips w/Salsa	22 Spaghetti w/ Meatballs Marinara Sauce Breadstick Marinated Vegetables	23 Healthy choices: Build your own chicken salad or chicken flatbread Garlic dill roasted potatoes	24 Assorted Pizzas Pasta salad Roasted mixed vegetables
27 Chicken Parmesan Penne Pasta Roasted vegetables	28 Nacho Grande w/ Beef Choice of toppings Refried Beans Southwest Vegetables	29 Healthy Choices: Pulled lemon herb chicken on whole wheat Costanzo roll Sweet and spicy vinegar coleslaw	30 Meatball Bomber Sub Garden Salad V Yogurt/Fruit Cup V	31 Build Your Own Baked Potato Bar Veggie Chili Cheesy Broccoli Garden Salad

Served Daily:

Entrees.....	\$ 3.50
Salad - Large V.....	\$ 3.25
Salad - Small V.....	\$ 2.15
Fresh made Soup.....	\$ 1.30
Cold Sub, Wrap.....	\$ 3.50
Intense Milk.....	\$ 1.75
Milk ½ pint.....	\$.75
Juice Cup.....	\$.60
Bottle Water.....	\$ 1.00
Pizza, all varieties.....	\$ 2.60

Breakfast A la Carte

Breakfast Sandwich.....	\$ 3.30
Bagel; 4 oz. with Butter.....	\$ 1.25
Cream Cheese.....	\$.60
Hash Brown Patty.....	\$.75
French Toast Sticks (5).....	\$ 1.95
Greek Yogurt.....	\$ 1.75
Fresh Fruit Cup.....	\$ 1.75
Cereal w/Milk.....	\$ 1.40

Lunch A la Carte

Fresh Baked Cookie.....	\$.55 or 2/\$1.00
Nachos.....	\$ 1.75
Bag of Chips.....	\$ 1.25
Hot Pretzel.....	\$ 1.25
Fresh Fruit.....	\$.85
Vegetable of the Day.....	\$ 1.15

Complete Lunch Includes:

- 1 Entrée
- Choice of Side
- Milk or Bottled Water
- \$4.25**
- With Vitamin Water or Intense Milk
- \$5.25**
- WG = Whole Grain
- V = Vegetarian (lacto-ovo)