



ST. MARY'S HIGH SCHOOL

SEPTEMBER 2017


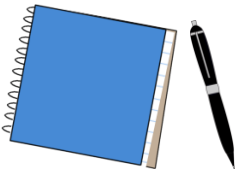





Menu is subject to change.

Personal Touch Food Service

Chef Manager:

Ryan Covelli

Monday	Tuesday	Wednesday	Thursday	Friday
4 HAPPY LABOR DAY	5 NO SCHOOL	6 NOON DISMISSAL NO LUNCH SERVICE	7 BURGER BAR Hamburgers, Veggie Burgers Assorted Toppings Fresh Fruit Steak Fries	8 CHEESY GRILLED CHEESE WITH TOMATO SOUP Potato Chips Vegetable Medley
11 CHICKEN FINGERS Tater Tots Celery & Carrot Sticks	12 TACO TUESDAY! TACO IN A BAG Rice <i>WG</i> Mexi-Corn	13 CHEESE RAVIOLI WITH ALFREDO SAUCE Garden Salad Roasted Vegetables	14 BAKED POTATO BAR Chili, Cheese Sauce, Broccoli, Sour Cream, Bacon Bits Fresh Fruit Cup Peas	15 MACARONI & CHEESE Seasoned Green Beans Dinner Roll
18 CHICKEN CAESAR WRAP Steak Fries Fresh Fruit Cup	19 TACO TUESDAY! SOFT SHELL TACOS Spanish Rice Nachos with Salsa	20 PENNE PASTA MARINARA BAKE Summer Squash Garlic Breadstick	21 CHICKEN SOUVLAKI BAR Romaine, Grilled Chicken, Feta Cheese, Tzatziki Sauce Pita Bread	22 OPEN HOUSE NO SCHOOL
25 HERB ROASTED CHICKEN BREAST Mashed Potatoes w/ Gravy Roasted Zucchini	26 TACO TUESDAY! TACO SALAD Cilantro-Lime Rice Black Bean Salsa	27 CHEESE TORTELLINI WITH RED SAUCE Garden Salad Garlic Breadstick	28 SANDWICH BAR Assorted breads, rolls and wraps, meats, cheeses, toppings Potato Chips Fresh Fruit	29 NO SCHOOL
				

SERVED DAILY:

Entrees	\$ 3.50
Salad - Large <i>V</i>	\$ 3.25
Salad - Small <i>V</i>	\$ 2.15
Fresh made Soup	\$ 1.30
Cold Sub, Wrap	\$ 3.50
Intense Milk	\$ 1.75
Milk 1/2 pint	\$.75
Juice Cup	\$.60
Bottle Water	\$ 1.00
Pizza, all varieties	\$ 2.60

BREAKFAST A LA CARTE

Breakfast Combo	\$ 3.50
Breakfast Sandwich	\$ 3.30
Breakfast Burrito	\$ 3.25
Bagel with Butter	\$ 1.25
Cream Cheese	\$.60
Hash Brown Patty	\$.75
French Toast Sticks (5)	\$ 1.95
Greek Yogurt	\$ 1.75
Fresh Fruit Cup	\$ 1.95
Cereal with 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	\$ 1.35
Fresh Fruit	\$ 1.25
Vegetable of the Day	\$ 1.15

Complete Lunch Includes:

1 Entrée

Choice of Side

Milk or Bottled Water

\$4.30

With Intense Milk

\$5.00

WG = Whole Grain

V = Vegetarian*

*Allows egg and milk