



ST. MARY'S HIGH SCHOOL

OCTOBER 2017




Menu is subject to change.



Personal Touch Food Service

Chef Manager:

Ryan Covelli

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>CRISPY CHICKEN or GRILLED CHICKEN SANDWICH</p> <p>Tater Tots ✓ Fresh Fruit Cup ✓</p>	<p>3</p> <p>HOT DOG</p> <p>Roasted Potato Wedges ✓ Fresh Veggie Cup ✓</p>	<p>4</p> <p>NATIONAL TACO DAY Beef or Chicken Twin Taco</p> <p>Black Bean & Corn Salad ✓ Rice ✓</p>	<p>5</p> <p>Build Your Own WAFFLE BAR Assorted Toppings</p> <p>Breakfast Sausage Links Fresh Fruit Cup ✓</p>	<p>6</p> <p>CHEESE ✓ or CHEESE & PEPPERONI PIZZA</p> <p>Potato Chips ✓ Side Salad ✓</p>
<p>9</p>  <p>Columbus Day NO SCHOOL</p>	<p>10</p> <p>TACO TUESDAY!</p> <p>◀ TACO SALAD</p> <p>Cilantro-Lime Rice ✓ Black Bean Salsa ✓</p>	<p>11</p> <p>CAJUN CHICKEN & SAUSAGE ALFREDO</p> <p>Glazed Carrots ✓ Caesar Salad</p>	<p>12</p> <p>Build Your Own NACHO BAR WG</p> <p>Buttered Corn ✓ Fresh Fruit Cup ✓</p>	<p>13</p> <p>BUFFALO CHICKEN SANDWICH</p> <p>Potato Chips ✓ Tomato & Cucumber Salad ✓</p>
<p>16</p> <p>BREADED PORK CHOPS</p> <p>Mashed Potatoes ✓ w/Gravy Applesauce ✓</p>	<p>17</p> <p>NATIONAL PASTA DAY</p> <p>Spaghetti & Meatballs or ◀ Spaghetti Marinara ✓</p> <p>Italian Green Beans ✓ Side Salad ✓</p>	<p>18</p> <p>NOON DISMISSAL NO LUNCH SERVICE</p>	<p>19</p> <p>Build Your Own BURGER BAR Hamburgers, ▶ Veggie Burgers ✓ Assorted Toppings Fresh Fruit ✓ Steak Fries ✓</p>	<p>20</p> <p>MACARONI & CHEESE ✓</p> <p>Seasoned Broccoli ✓ Side Salad ✓</p>
<p>23</p> <p>◀ SWEET & SOUR CHICKEN w/WHITE RICE</p> <p>Asian Style Vegetables ✓ Ginger Cucumber Salad ✓</p>	<p>24</p> <p>TACO TUESDAY!</p> <p>CHICKEN & CHEESE QUESADILLA</p> <p>Black Beans & Rice ✓ Southwest Vegetables ✓</p>	<p>25</p> <p>◀ CHEESE TORTELLINI w/RED SAUCE ✓</p> <p>Breadstick ✓ Side Salad ✓</p>	<p>26</p> <p>Build Your Own SANDWICH BAR Assorted breads, rolls and wraps, meats, cheeses, toppings</p> <p>Potato Chips ✓ Fresh Fruit ✓</p>	<p>27</p> <p>BBQ PULLED PORK SANDWICH</p> <p>Baked Sweet Potatoes ✓ Baked Beans ✓</p>
<p>30</p> <p>MEATBALL BOMBERS</p> <p>Steak Fries ✓ Fresh Fruit Cup ✓</p>	<p>31</p> <p>HAPPY HALLOWEEN!</p> <p>◀ GHOULASH</p> <p>"Screaming" Green Beans ✓ Graveyard Garden Salad ✓</p>		<p>Happy Halloween</p>	

SERVED DAILY:

Entrees.....	\$ 3.50
Salad - Large ✓.....	\$ 3.25
Salad - Small ✓.....	\$ 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.....	\$ 2.75

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

✓ = Vegetarian*

*Allows egg and milk