



ST. MARY'S HIGH SCHOOL

NOVEMBER 2017

Menu is subject to change.



Personal Touch Food Service

Chef Manager:

Ryan Covelli

Monday	Tuesday	Wednesday	Thursday	Friday
		1 ▶ BAKED PENNE MARINARA V Side Salad V Applesauce V	2 Build Your Own CHICKEN SOUVLAKI BAR Romaine, Grilled Chicken, Feta Cheese, Tzatziki Sauce Pita Bread V/WG Fresh Fruit Cup V	3 CHICKEN FINGER SUB Potato Chips V Tomato Cucumber Salad V
6 National Nachos Day NACHOS GRANDE WG Spanish Rice V Refried Beans V	7 TACO TUESDAY! TACO IN A BAG Rice V Mexican Corn V	8 ▶ PESTO PASTA w/CHICKEN Side Salad V Roasted Vegetables V	9 Build Your Own BURGER BAR French Fries V Fresh Fruit Cup V	10  NO SCHOOL
13 POPCORN CHICKEN BOWL (Popcorn Chicken, Mashed Potatoes, Corn, and Gravy) Mashed Potatoes V w/ Gravy Roasted Apples V	14 TACO TUESDAY! HARD SHELL BEEF TACOS WG Cilantro Lime Rice V Mandarin Oranges V	15 ▶ STUFFED SHELLS w/ RED SAUCE V Side Salad V Roasted Carrots V	16 Build Your Own WAFFLE BAR Assorted Toppings Sausage Links Hash brown Patty V	17 BUFFALO MACARONI & CHEESE V Celery & Carrot Sticks V Breadstick V
20 CHICKEN PARMESAN Buttered Noodles V Caesar Salad	21 Thanksgiving Dinner ▶ ROASTED TURKEY BREAST Stuffing Mashed Potatoes V w/Gravy Cranberry Sauce V	22 THANKSGIVING HOLIDAY NO SCHOOL	23 	24 THANKSGIVING HOLIDAY NO SCHOOL
27 ▶ GRILLED CHICKEN SANDWICH Potato Chips V Pineapple V	28 National French Toast Day FRENCH TOAST STICKS V/WG w/SAUSAGE LINKS Hash brown Patty V Fresh Fruit Cup V	29 CHICKEN & BROCCOLI ALFREDO Side Salad V Italian Green Beans V	30 Build Your Own MAC N'CHEESE BAR Assorted Toppings Cucumber Salad V Peaches V	GOOD NUTRITION MONTH 

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	\$ 2.75

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

V = Vegetarian*

*Allows egg and milk