



# ST. MARY'S HIGH SCHOOL

## DECEMBER 2017

Menu is subject to change.



Personal Touch Food Service

**Chef Manager:**

Ryan Covelli

Monday	Tuesday	Wednesday	Thursday	Friday
				1 <b>CHICKEN CORDON BLEU</b>  Seasoned Broccoli V Applesauce V
4 <b>GRILLED CHEESE SANDWICH V</b>  Tomato Soup V Fresh Fruit Cup V	5 <b>TACO TUESDAY!</b> ▶ <b>TACO SALAD</b>  Seasoned Corn V Pineapple Cup V	6 <b>CREAMY SPINACH TOMATO TORTELLINI V</b>  Seasoned Green Beans V Side Salad V	7 <b>Build Your Own BAKED POTATO</b> ▶  Dinner Roll V/WG Corn on the Cob V	8 ▶ <b>ROAST BEEF SANDWICH</b>  Potato Chips V Cucumber Salad V
11 <b>CHICKEN POT PIE</b>  Side Salad V Baked Apples V	12 <b>TACO TUESDAY!</b> <b>TACO IN A BAG</b>  Cilantro Lime Rice V Mexican Corn V	13 <b>LASAGNA V</b>  Garlic Bread V Tomato & Cucumber Salad V	14 <b>Build Your Own BURGER BAR</b> Assorted Toppings  French Fries V Fresh Fruit Cup V	15 ▶ <b>CHICKEN CAESAR WRAP</b>  Potato Chips V Roasted Vegetables V
18 ▶ <b>LEMON GARLIC GRILLED CHICKEN</b>  Seasoned Asparagus V Wild Rice Blend V/WG	19 <b>TACO TUESDAY!</b> ▶ <b>GRILLED CHICKEN TACO</b>  Tortilla Chips & Salsa V/WG Pico de Gallo V	20 <b>MACARONI &amp; CHEESE V</b>  Side Salad V Roasted Cauliflower V	21 <b>CHRISTMAS DINNER</b> <b>HONEY GLAZED HAM</b>  Cheesy Potatoes V Garlic Green Beans V Dinner Roll V/WG	22 <b>CHRISTMAS BREAK</b>  <b>NO SCHOOL</b>
25 	26 <b>CHRISTMAS BREAK</b>  <b>NO SCHOOL</b>	27 <b>CHRISTMAS BREAK</b>  <b>NO SCHOOL</b>	28 <b>CHRISTMAS BREAK</b>  <b>NO SCHOOL</b>	29 <b>CHRISTMAS BREAK</b>  <b>NO SCHOOL</b>

**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 V .....	\$ 1.75
Milk 1/2 pint .....	\$ .80
Juice Cup V .....	\$ .60
Bottle Water V .....	\$ 1.00
Pizza, all varieties .....	\$ 2.75

**BREAKFAST A LA CARTE**

Breakfast Combo .....	\$ 3.50
Breakfast Sandwich WG .....	\$ 3.30
Breakfast Burrito .....	\$ 3.25
Bagel with Butter V .....	\$ 1.25
Cream Cheese V .....	\$ .60
Hash Brown V .....	\$ .75
French Toast Sticks WG/V (5) .....	\$ 1.95
Greek Yogurt V .....	\$ 1.75
Fresh Fruit Cup V .....	\$ 1.95
Cereal with Milk V .....	\$ 1.40

**LUNCH A LA CARTE**

Fresh Baked Cookie V .....	\$ .55 or 2/\$1.00
Bag of Chips V .....	\$ 1.25
Hot Pretzel V .....	\$ 1.35
Fresh Fruit V .....	\$ 1.25
Vegetable of the Day V .....	\$ 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

▶ Alyssa's Better Choice Healthy Entrees