



Who's Ready For Lunch!?!

DAILY ALTERNATES:
 Cereal & Yogurt (GF)
 (PB & J Sandwich)
 Chicken Nuggets (V)

Choose 1 Entrée. (3 Daily Specials & 2 Daily Alternates)
 Includes 2 Fruit & 2 Veggie Choices!

Fresh/Cupped/Juice + **Cooked/Raw Veggie Patch**
PICK 2 FRUITS **PICK 2 VEGGIES**

THINK BALANCE!
 A Balanced Tray Includes...
 Grain ~ Protein ~ Fruit ~ Vegetable ~ Milk

(GF) = Gluten-Free Ingredients (V) = Vegetarian Ingredients

September
Elem. Lunch Menu
St Mary's
Williamstown

We Use Whole Grain Products!

September National Food Holidays: 9th- National Pizza Day!
 17th- Wacky Watermelon Day! 23rd-1st Day of Fall!

<p>All American Monday! I ♥ the USA American Classics!</p>	<p>Fun Flavors Tuesday! AKA: Taco Tuesday, Mexican, Asian, Italian</p>	<p>Wacky Wednesday! A School Favorite! The random category!</p>	<p>Chicken Lover's Thursday! Everything & Anything CHICKEN!</p>	<p>Pizza Lover's Friday! Cheesy Pizza By The Slice!</p>
<p>Thomas Edison</p> <p><i>September Lunch Wisdom</i> "The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition."</p>	<p>Tuesday-Sept 1</p>	<p>Wednesday-Sept 2</p> <p>Chicken Parmesan On a Torpedo Roll Hot Dog on a Bun Chicken Caesar Salad</p> <p><u>Sides:</u> Swirly Curly Fries Celery w/Hummus</p>	<p>Thursday-Sept 3</p> <p>Popcorn Chicken w/ Breadstick Chicken Patty on a Bun</p> <p><u>Sides:</u> Creamy Mac & Cheese Broc Bites w/ Hummus/Ranch</p>	<p>Friday-Sept 4</p> <p>No School Happy Labor Day</p>
<p>Monday-Sept 7</p> <p>Happy Labor Day! Fun Fact... In the past Labor Day used to be the last fashionable day to wear the color white!</p>	<p>Tuesday-Sept 8</p> <p>Spaghetti & Meatballs w/ Garlic Toast Cheeseburger on a Bun</p> <p><u>Sides:</u> Fresh Garden Salad Celery w/ Hummus/Ranch</p>	<p>Wednesday-Sept 9</p> <p>Mini Pancakes w/Sausage Hot Dog on a Bun Chicken Caesar Salad</p> <p><u>Sides:</u> Hashbrown Stick Baked Beans</p>	<p>Thursday-Sept 10</p> <p>Chicken Tenders w/ a Dinner Roll Chicken Patty on a Bun</p> <p><u>Sides:</u> Poppin Peas & Carrots Broc Bites w/ Hummus/Ranch</p>	<p>Celebrate Nat'l Pizza Day!</p> <p>French Bread Pizza By The Slice (V) Trix Yogurt & Bagel Garden Salad</p> <p><u>Sides:</u> Julius Caesar Salad Mixed Patch w/Hummus/Dip</p>
<p>Monday-Sept 14</p> <p>Grown-Up Grilled Cheese 3 Cheese/Turkey Bacon Mini Corn Dogs Buffalo Chicken Salad</p> <p><u>Sides:</u> Gotta Get Em Green Beans Carrots w/ Hummus/Ranch</p>	<p>Tuesday-Sept 15</p> <p>Nachos Grande (GF) w/ Corn Chips & Toppings Cheeseburger on a Bun</p> <p><u>Sides:</u> Super Sweet Corn Celery w/ Hummus/Ranch</p>	<p>Wednesday-Sept 16</p> <p>Popcorn Chicken w/ Noodles Hot Dog on a Bun Chicken Caesar Salad</p> <p><u>Sides:</u> Veggie Salad Hot Baked Beans</p>	<p>Wacky Watermelon Day</p> <p>BBQ Chicken Sand. w/ American Cheese Chicken Patty on a Bun</p> <p><u>Sides:</u> Fries-Watermelon Wedges Broc Bites w/ Hummus/Ranch</p>	<p>Friday-Sept 18</p> <p>Personal Pizza By The Pie (V) Trix Yogurt & Bagel Fiesta Taco Salad</p> <p><u>Sides:</u> Vege-licious Garden Salad Mixed Patch w/Hummus/Dip</p>
<p>Monday-Sept 21</p> <p>Bloomin Onion Burger w/ Onion Ring on Bun Mini Corn Dogs Buffalo Chicken Salad</p> <p><u>Sides:</u> Swirly Curly Fries Carrots w/ Hummus/Ranch</p>	<p>Tuesday-Sept 22</p> <p>Baked Ziti w/ Meat Sauce Cheeseburger on a Bun</p> <p><u>Sides:</u> Fresh Veggie Salad Celery w/ Hummus/Ranch</p>	<p>1st Day of Fall!</p> <p>Hot Ham & Cheese On a Kaiser Roll Hot Dog on a Bun Chicken Caesar Salad</p> <p><u>Sides:</u> Apple Slices - Pudding Three Bean Salad</p>	<p>Thursday-Sept 24</p> <p>Chicken Cordon Bleu w/Ham/Cheese on Bun Chicken Patty on a Bun</p> <p><u>Sides:</u> Criss-Cross Waffle Fries Broc Bites w/ Hummus/Ranch</p>	<p>Friday-Sept 25</p> <p>Pizza Dippers w/Dippin Cup (V) Trix Yogurt & Bagel Chic Salad w/ Grapes</p> <p><u>Sides:</u> Julius Caesar Salad Mixed Patch w/Hummus/Dip</p>
<p>Monday-Sept 28</p> <p>Mozzarella Sticks (V) w/ Pasta & Parmesan Mini Corn Dogs Buffalo Chicken Salad</p> <p><u>Sides:</u> Rainbow Veggie Medley Carrots w/ Hummus/Ranch</p>	<p>Tuesday-Sept 29</p> <p>Chicken Fajitas w/ Seasoned Rice Cheeseburger on a Bun</p> <p><u>Sides:</u> Steamed veggie Choice Celery w/ Hummus/Ranch</p>	<p>Wednesday-Sept 30</p> <p>Chicken Cheesesteak On a Torpedo Roll Hot Dog on a Bun Chicken Caesar Salad</p> <p><u>Sides:</u> Baked French Fries Baken Beans</p>	<p>Lunch Prices: Regular Lunch \$2.75 Extra Entrée: \$1.75 Reduced: \$0.40 Milk: \$0.60 Water: \$0.60 *Menu subject to change. Food Service Director: Debbie Spasari SMW@nsfm.com Phone: 856-629-6419 Look for snacks, nutrition & menu descriptions posted on the school website!</p> <p>This institution is an equal opportunity provider & employer.</p>	