


Take a School Lunch Snapshot

2015 Nat'l School Lunch Week Theme

Take a picture of your favorite school lunch!

Featured Oct. 12-16 on Menu

DAILY ALTERNATES:

Cereal & Yogurt 

(PB & J Sandwich)

Chicken Nuggets 

 = Gluten-Free Ingredients

 = Vegetarian Ingredients

BALLOONS

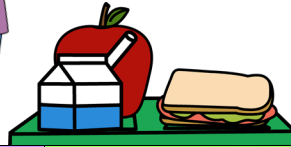
For a Balanced Lunch!



For a Balanced Lunch Choose..

A Balloon of Each COLOR

October
Elem. Lunch Menu
St Mary's
Williamstown



We Use Whole Grain Products!

All American Monday!
I ♥ the USA
American Classics!

Fun Flavors Tuesday!
AKA: Taco Tuesday,
Mexican, Asian, Italian

Wacky Wednesday!
A School Favorite!
The random category!

Chicken Lover's Thursday!
Everything &
Anything CHICKEN!

Pizza Lover's Friday!
Cheesy Pizza By
The Slice!

October Fun Days: National School Lunch Week Theme—Oct 12-16

Oct 30th—Happy Halloween Treat

★ **NEW ITEM on Thursday!**

Pizza Maker Pack—Flatbread, Cup of Sauce, Cup of Cheese—Make your own cold pizza!

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 Intuition Newsletter & menu descriptions posted on the school website!

Thursday-Oct 1


Mini Pancakes
w/Sausage
Ham & Cheese Hoagie
Raffle Day

Sides:

Hash Brown Potato

Broc Bites w/ Hummus/Ranch

Friday-Oct 2

French Bread Pizza
By The Slice 
Trix Yogurt & Bagel
Buffalo Chicken Salad

Sides:

Vege-licious Garden Salad

Mixed Patch w/Hummus/Dip

Monday-Oct 5

Bacon Cheeseburger
On a Bun
Chicken Patty on a Bun
Garden Salad w/ Egg 

Sides:

Swirly Curly Fries

Carrots w/ Hummus/Ranch

Tuesday-Oct 6

Nachos Grande 
w/ Corn Chips & Toppings
Cheeseburger on a Bun

Sides:

Super Sweet Corn

Cucumber w/ Hummus/Ranch

Wednesday-Oct 7

Meatball Parmesan 
On a Torpedo Roll
Roast Beef Sandwich
Fiesta Taco Salad

Sides:

Lay's Fun Size Chips

Toasty Bean Bites

Thursday-Oct 8


Chicken Fingers
w/ a Dinner Roll
Ham & Cheese Hoagie
Raffle Day

Sides:

Mega Mashed Potatoes

Broc Bites w/ Hummus/Ranch

Friday-Oct 9

Personal Pizza
By The Pie 
Trix Yogurt & Bagel
Buffalo Chicken Salad

Sides:

Julius Caesar Salad

Mixed Patch w/Hummus/Dip

Monday-Oct 12 Tuesday-Oct 13 Wednesday-Oct 14 Thursday-Oct 15 Friday-Oct 16

Columbus Day! FUN FACT!!

The Columbus expeditions introduced new foods to the Americas. Columbus introduced wheat, barley, rye sugar, bananas & citrus fruits.

Artistically Angled Oven Baked Ziti

Cheeseburger on a Bun

Sides:

Side Salad

Cucumber w/ Hummus/Ranch

Picture Perfect

Chicken Fajitas w/sides
Roast Beef Sandwich
Chicken Caesar Salad

Sides:

Steamed Rice

Toasty Bean Bites

Eye Popping Popcorn Chicken

Ham & Cheese Hoagie
Raffle Day

Sides:

Seasoned Noodles

Broc Bites w/ Hummus/Ranch

Say Cheese!

Pizza Dippers 
Trix Yogurt & Bagel
Buffalo Chicken Salad

Sides:

Vege-licious Garden Salad

Mixed Patch w/Hummus/Dip

Monday-Oct 19

Chicken Parmesan
On A Kaiser
Ham & Cheese Hoagie
Garden Salad w/ Egg 

Sides:

Rowdy Ranch Fries

Carrots w/ Hummus/Ranch

Tuesday-Oct 20

Roast Beef & Gravy
On a Kaiser Roll
Cheeseburger on a Bun

Sides:

Mashed Potatoes

Cucumber w/ Hummus/Ranch

Wednesday-Oct 21

Pasta w/Meat Sauce
Garlic Bread
Roast Beef Sandwich
Chicken Caesar Salad

Sides:

Greenbeans

Toasty Bean Bites

Thursday-Oct 22

Chicken Steak
w/cheese on a Roll
Chicken Patty on a Bun
Raffle Day

Sides:

Poppin Peas & Carrots

Broc Bites w/ Hummus/Ranch

Friday-Oct 23

No School

Teacher In-Service



Monday-Oct 26

Pancake Breakfast Sand.
w/ Egg, Cheese & Bacon
Chicken Patty on a Bun
Garden Salad w/ Egg 

Sides:

Tumblin Tator Tots

Carrots w/ Hummus/Ranch

Tuesday-Oct 27

Mini Corn Dogs
w/Dippin cup
Cheeseburger on a Bun

Sides:

Mac & Cheese

Cucumber w/ Hummus/Ranch

Wednesday-Oct 28

Mozzarella Sticks
w/Pasta
Roast Beef Sandwich
Chicken Caesar Salad

Sides:

Seasoned Corn

Toasty Bean Bites

Thursday-Oct 29

Popcorn Chicken
w/Bread Stick
Ham & Cheese Hoagie
Raffle Day

Sides:

Baked Fries

Broc Bites w/ Hummus/Ranch

Happy Halloween!

Spooky Slice
Of Pizzeria Pizza
Trix Yogurt & Bagel
Buffalo Chicken Salad

Sides:

Frankenstein Pudding-Salad

Mixed Patch w/Hummus/Dip

This institution is an equal opportunity provider & employer.