



National School Lunch Week is....

October 10-14

October
Elem. Lunch Menu
St Mary's
Williamstown



DAILY ALTERNATES:
Cereal & Yogurt (GF)
(CHICKEN NUGGETS)
PB & J Sandwich (V)

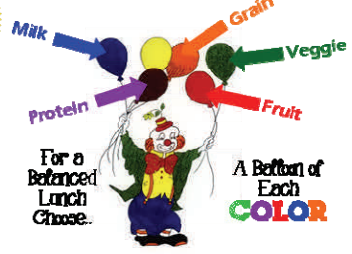
Choose 1 Entrée. (3 Daily Specials & 2 Daily Alternates)

Includes 2 Fruit & 2 Veggie Choices!

You must choose at least 1 fruit or veggie.

We Use Whole Grain Products!

BALLOONS
For a Balanced Lunch!



Daily Fruit Offerings:
Fresh, Cupped, 100% Juice
All Salads Come With a Grain.

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

<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>Monday-October 3</p> <p>Rib-e-Que On a Roll Mini Pancakes w/Sausage Spicy Chicken Salad <u>Sides:</u> Tumblin Tator Tots Carrots w/ Ranch</p>	<p>Tuesday-October 4</p> <p>Meatball Parmesan On a Torpedo Chicken Patty on a Bun <u>Sides:</u> Poppin Peas & Carrots Celery w/ Ranch</p>	<p>Wednesday-October 5</p> <p>Pizza Crunchers w/Dippin Cup Ham & Cheese Hoagie Chef Salad <u>Sides:</u> Fresh garden Salad Toasty Bean Bites</p>	<p>Thursday-October 6</p> <p>Popcorn Chicken w/ Mac & Cheese Cheeseburger on a Bun Raffle Day !!! <u>Sides:</u> Gotta Get Em Green Beans Broccoli Bites w/ Ranch</p>	<p>Friday-October 7</p> <p>Personal Pizza By The Pie (V) Trix Yogurt & Bagel Garden Salad w/Goldfish <u>Sides:</u> Vege-licious Garden Salad Mixed Patch w/Dip</p>
<p>Nat'l School Lunch Week Begins!</p>				
<p>No School Columbus Day</p>	<p>NEVER GIVE UP! (GF) Nachos w/ Corn Chips Chicken Patty on a Bun <u>Sides:</u> CRUSH EM Corn Celery w/ Ranch</p>	<p>There's No I in TEAM Scrambled Eggs Ham & Cheese Hoagie Fiesta Taco Salad <u>Sides:</u> Hash brown & Sausage TEAM Toasty Bean Bites</p>	<p>BRING IT ON! Chicken Tender w/Bread Stick Cheeseburger on a Bun <u>Sides:</u> VICTORY Veggie Medley Broccoli Bites w/ Ranch</p>	<p>SHOW SOME PRIDE! Pizza Dippers (V) Trix Yogurt & Bagel Garden Salad w/Goldfish <u>Sides:</u> CHEERFUL Caesar Salad Mixed Patch w/Dip</p>
<p>No School Teacher In- Service</p>	<p>Philly Cheese Steak On a Torpedo Chicken Patty on a Bun <u>Sides:</u> Splendid Steamed Broccoli Celery w/ Ranch</p>	<p>Pasta w/Meat Sauce Garlic Bread Ham & Cheese Hoagie Chef Salad <u>Sides:</u> Garden Salad w/Cheese Toasty Bean Bites</p>	<p>Popcorn Chicken w/ Dinner Roll Spicy Chicken Wrap RAFFLE DAY !!!! <u>Sides:</u> Baked French Fried Potatoes Broccoli Bites w/ Ranch</p>	<p>Pizzeria Pizza By The Slice (V) Trix Yogurt & Bagel Garden Salad w/Goldfish <u>Sides:</u> Vege-licious Garden Salad Mixed Patch w/Dip</p>
<p>Chicken Parmesan On a Torpedo Hot Dog on a Bun Spicy Chicken Salad <u>Sides:</u> Mega Mashed Potatoes Carrots w/ Ranch</p>	<p>Chicken Fajitas w/ Rice Chicken Patty on a Bun <u>Sides:</u> Super Sweet Corn Celery w/ Ranch</p>	<p>French Toast Sticks w/Sausage Ham & Cheese Hoagie Chef Salad <u>Sides:</u> Hash brown Stick Toasty Bean Bites</p>	<p>BBQ Chicken w/ Corn Muffin Cheeseburger on a Bun <u>Sides:</u> Gnarly Baked Beans Broccoli Bites w/ Ranch</p>	<p>French Bread Pizza By The Slice (V) Trix Yogurt & Bagel Garden Salad w/Goldfish <u>Sides:</u> Julius Caesar Salad Mixed Patch w/Dip</p>
<p>Boooo Bacon Burger w/ Cheese On a Bun Spooky Rib-E-Que Spicy Chicken Salad <u>Sides:</u> Raffle Day Spooky Fries-Candy Corn Parfait Carrots w/ Ranch</p>	<p>Nat'l School Lunch Week Is October 10-14</p> <p>This year's theme is "School Lunch: Show Your Spirit". According to the School Nutrition Association (SNA), National School Week Lunch Week "recognizes the importance of a healthy school lunch on a child's life both inside and outside of the classroom". School lunch programs must offer 5 meal components (our balloons) and meet certain nutrition guidelines. Nutri-Serve offers an array of fresh items and allows students to choose their fruits and veggies! SNA is encouraging students to take advantage of the balanced & affordable school lunch!</p> <p>Lunch Prices: Regular Lunch \$2.75 Extra Entrée: \$1.75 Reduced: \$0.40 Milk: \$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>Milk: Skim White, Fat-Free Chocolate, Fat-Free Strawberry, 1% White, Lactaid</p> <p>This institution is an equal opportunity provider.</p>			