



# October

## Elem. Lunch Menu St Mary's Williamstown



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

**BALLOONS**  
For a Balanced Lunch!

We Use Whole Grain Products!



For a Balanced Lunch Choose...  
A Balloon of Each COLOR

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

**V** = Vegetarian Ingredients **GF** = Gluten-Free Ingredients

<b>NEW Meatless Monday</b>	<b>Fun Flavors Tuesday!</b> AKA: Taco Tuesday, Mexican, Asian, Italian	<b>Wacky Wednesday!</b> A School Favorite! The random category!	<b>Chicken Lover's Thursday!</b> Everything & Anything CHICKEN!	<b>Pizza Lover's Friday!</b> Cheesy Pizza by The Slice!
<b>National Kale Day!</b>	<b>Tuesday-October 2</b>	<b>Wednesday-October 3</b>	<b>Nat'l Taco Day!</b>	<b>Friday-October 5</b>
<b>Three Cheese Grilled Cheese Sandwich</b> Cheeseburger on a Bun Garden Salad w/ Egg <u>Sides:</u> Krazy Kale Salad Meat-Free Chic Pea Salad	<b>Spaghetti w/Meatballs</b> Chicken Patty on a Bun <u>Sides:</u> Fresh Salad Carrots w/ Hummus/Ranch	<b>Popcorn Chicken w/Bread Stick</b> Cheese Omelet Buffalo Chicken Salad <u>Sides:</u> Gotta Gett EM Green beans Celery w/ Hummus/Ranch	<b>Nacho Grande w/corn chips &amp; Toppings</b> Hot Dog on a Bun Raffle Day!! <u>Sides:</u> Super Sweet Corn-Churro Broc Bites w/ Hummus/Ranch	<b>French Bread Pizza By The Slice</b> <b>V</b> Trix Yogurt & Bagel Tuna Hoagie or Salad <u>Sides:</u> Julius Caesar Salad Mixed Patch w/Hummus/Dip
<b>Columbus Day!</b>	<b>Tuesday-October 9</b>	<b>Wednesday-October 10</b>	<b>Nat'l Pumpkin Pie Day!</b>	<b>Friday-October 12</b>
<b>NO SCHOOL</b>  COLUMBUS DAY	<b>Chicken Sticks</b> Choice of Dippin Cup Cheeseburger on a Bun <u>Sides:</u> Peas & Carrots / Lay's Chips Carrots w/ Hummus/Ranch	<b>French Toast w/ Bacon</b> Turkey & Cheese Hoagie Fiesta Taco Salad <u>Sides:</u> Hash Brown Celery w/ Hummus/Ranch	<b>Mini Corn Dogs w/ Mac &amp; Cheese</b> Chicken Patty on a Bun <u>Sides:</u> Tom. & Cukes Salad-Pumpkin Twister Broc Bites w/ Hummus/Ranch	<b>Pizza Dippers w/Dippin Cup</b> <b>V</b> Trix Yogurt & Bagel Tuna Hoagie or Salad <u>Sides:</u> Vege-licious Garden Salad Mixed Patch w/Hummus/Dip
<b>Celebrate Nat'l M&amp;M Day!</b>	<b>Tuesday-October 16</b>	<b>National Pasta Day!</b>	<b>Thursday-October 18</b>	<b>Friday-October 19</b>
<b>Pizza Crunchers</b> <b>V</b> Filled w/Sauce & cheese Cheeseburger on a Bun Garden Salad w/ Egg <u>Sides:</u> Green Beans-M&M Cookie Meat-Free Chic Pea Salad	<b>Roasted Turkey w/ Gravy</b> Dinner Roll Chicken Patty on a Bun <u>Sides:</u> Mashed Potatoes-Dried Cranberries Carrots w/ Hummus/Ranch	<b>Mozzarella Sticks w/ Pasta</b> Turkey & Cheese Hoagie Buffalo Chicken Salad <u>Sides:</u> Garden Salad w/ Tomato Celery w/ Hummus/Ranch	<b>Popcorn Chicken w/ Breadstick</b> Hot Dog on a Bun Raffle Day <u>Sides:</u> Baked French Fries Broc Bites w/ Hummus/Ranch	<b>Personal Pizza By The Slice</b> <b>V</b> Turkey & Cukes Pinwheels Tuna Hoagie or Salad <u>Sides:</u> Julius Caesar Salad Mixed Patch w/Hummus/Dip
<b>Monday-October 22</b>	<b>Tuesday-October 23</b>	<b>Wednesday-October 24</b>	<b>Thursday-October 25</b>	<b>Friday-October 26</b>
<b>Teacher In-Service</b>  NO SCHOOL	<b>Chicken Fajita Over Rice</b> Chicken Patty on a Bun <u>Sides:</u> Super Sweet Corn Carrots w/ Hummus/Ranch	<b>Mini Pancakes w/Sausage</b> Turkey & Cheese Hoagie Buffalo Chicken Salad <u>Sides:</u> Tator Tots Celery w/ Hummus/Ranch	<b>Chicken Parm Dinner w/ Pasta</b> Hot Dog on a Bun <u>Sides:</u> Gotta Get Em Green Beans Broc Bites w/ Hummus/Ranch	<b>Pizzeria Pizza By The Slice</b> <b>V</b> Trix Yogurt & Bagel Tuna Hoagie or Salad <u>Sides:</u> Vege-licious Garden Salad Mixed Patch w/Hummus/Dip
<b>Monday-October 29</b>	<b>Tuesday-October 30</b>	<b>Happy Halloween!</b>	<b>Lunch Prices: Regular Lunch \$2.85 Extra</b> <b>Entrée: \$1.75 Reduced: \$0.40 Ala Carte</b> <b>Water: \$0.60 or Milk: \$0.60</b> *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! <b>This institution is an equal opportunity provider.</b> <b>Milk:</b> Skim White, Chocolate, Strawberry, 1% White, Lactaid	
<b>Stuff Crust Pizza</b> By the Slice Cheeseburger on a Bun Garden Salad w/ Egg <u>Sides:</u> Steamin Carrots Meat-Free Chic Pea Salad	<b>BBQ Pulled Pork</b> On a Kaiser Roll Chicken Patty on a Bun <u>Sides:</u> Coleslaw / Lay's Chips Carrots w/ Hummus/Ranch	<b>Chicken "Alfraido"</b> Over Spooky Spaghetti Rib-EEK-Cue on Torpedo "BooFalo" Chicken Salad <u>Sides:</u> Side Salad-Candy Corn Parfait Celery w/ Hummus/Ranch		