



We Use Whole Grain Products!

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

Choose 1 Entrée.
(3 Daily Specials & 2 Daily Alternates for the Month)
Lunch Includes:
Protein ~ Grain ~ Fruit
Veggie ~ Milk
Choose at least 3 out of 5 components.
You must choose at least 1 fruit or veggie.
You may take 2 Fruit & 2 Veggie Choices!

November

Elem. Lunch Menu

ST MARY'S
Williamstown



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

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

NEW Meatless Monday	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!
<p>Lunch Prices: Regular Lunch \$2.85 Extra Entrée: \$1.75 Reduced: \$0.00 Water : \$0.60 Milk ala Carte: \$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. <u>Milk:</u> Skim White, Chocolate, Strawberry, 1% White, Lactaid</p>		<p>Thursday-November 1</p> <p>Egg & Sausage on a Bagel Bacon Cheeseburger</p> <p><u>Sides:</u> Potato Wedges Broc Bites w/ Ranch</p>	<p>Friday-November 2</p> <p>French Bread Pizza By The Slice (V) Trix Yogurt & Bagel Tuna Hoagie or Salad</p> <p><u>Sides:</u> Julius Caesar Salad Mixed Patch w/ Ranch</p>	
<p>Monday-November 5</p> <p>Pizza Crunchers (V) Filled w/Cheese & Sauce Chicken Patty on a Bun Chicken Caesar Salad</p> <p><u>Sides:</u> Glazed Carrots Hummus w/Chips</p>		<p>Nat'l Nachos Day!</p> <p>Nachos Grande (GF) w/ Corn Chips & Toppings Ham & Cheese Sandwich</p> <p><u>Sides:</u> Super Sweet Corn Carrots w/ Ranch/Hummus</p>	<p>Wednesday-November 7</p> <p>Dutch Waffle w/Sausage Turkey & Cheese Hoagie Chef Salad</p> <p><u>Sides:</u> Tator Tots Celery w/ Ranch</p>	<p>Thursday-November 8</p> <p>POPCORN CHICKEN w/ Breadstick Bacon Cheeseburger Raffle Day</p> <p><u>Sides:</u> Peas & Carrots Broc Bites w/ Ranch</p>
<p>Monday-November 12</p> <p>Pizzeria Pizza By the Slice Chicken Patty on a Bun Autumn Harvest Salad</p> <p><u>Sides:</u> Steamed Broccoli Hummus w/Chips</p>	<p>Cel. Nat'l Guacamole Day!</p> <p>Chicken Quesadilla On Tortilla Ham & Cheese Sandwich</p> <p><u>Sides:</u> Sweet Corn-Guacamole Cup Carrots w/ Pumpkin Hummus</p>	<p>Wednesday-November 14</p> <p>PTA Thanksgiving Luncheon Turkey & Gravy Corn</p> <p><u>Sides:</u> Creamy Mashed Potatoes ENJOY!!!!!!</p>	<p>Thursday-November 15</p> <p>Parent Conferences</p>	<p>Friday-November 16</p> <p>Parent Conferences</p>
<p>Monday-November 19</p> <p>Personal Pizza By the Pie Chicken Patty on a Bun Chicken Caesar Salad</p> <p><u>Sides:</u> Green Beans Hummus w/Chips</p>	<p>Cel. Nat'l Cranberry Day!</p> <p>Roasted Turkey w/ Gravy (GF) On a Torpedo Roll Ham & Cheese Sandwich</p> <p><u>Sides:</u> Mashed Potatoes-Dried Cranberries Carrots w/ Ranch / Hummus</p>	<p>Wednesday-November 21</p> <p>12:15 Dismissal No Lunch Served</p>	<p>Thursday-November 22</p> <p>School Closed</p> <p>HAPPY THANKS GIVING</p>	<p>Friday-November 23</p> <p>School Closed</p> <p></p>
<p>Cel. Nat'l Parfait Day!</p> <p>Mozzarella Sticks (V) w/ Cheesy Broccoli Rice Chicken Patty on a Bun Autumn Harvest Salad</p> <p><u>Sides:</u> Poppin Peas-Mini Parfait Hummus w/Chips</p>	<p>Tuesday-November 27</p> <p>Popcorn Chicken w/Breadstick Ham & Cheese Sandwich</p> <p><u>Sides:</u> Potato Wedges Carrots w/ Ranch/ Hummus</p>	<p>Nat'l French Toast Day!</p> <p>French Toast w/ a Sausage Patty Turkey & Cheese Hoagie Chef Salad</p> <p><u>Sides:</u> Hash Brown Patty Rounds Celery w/ Ranch</p>	<p>Nat'l Chocolate Day!</p> <p>Chicken Fries w/Noodles Bacon Cheeseburger Raffle Day</p> <p><u>Sides:</u> Green Beans-Chocolate Cookie Broc Bites w/ Ranch</p>	<p>Friday-November 30</p> <p>French Bread Pizza By The Slice (V) Trix Yogurt & Bagel Italian Hoagie</p> <p><u>Sides:</u> Vege-licious Garden Salad Mixed Patch w/ Ranch</p>