



February

Elem. Lunch Menu

St Mary's
Williamstown



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

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

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!

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

<p>NEW Meatless Monday</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>Lunch Prices: Regular Lunch \$2.85 Extra Entrée: \$1.75 Reduced: \$0.40 Water: \$0.60 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, Chocolate, Strawberry, 1% White, Lactaid</p> <p>This institution is an equal opportunity provider.</p>				
<p>Super Bowl Monday!</p>	<p>Chinese New Year!</p>	<p>Wednesday-February 6</p>	<p>Thursday-February 7</p>	<p>Friday-February 8</p>
<p>"Kick Off" Crunchers (V) Filled w/Cheese & Sauce Cheeseburger on a Bun Chicken Caesar Salad <u>Sides:</u> Old Bay Fries Hummus w/ Chips</p>	<p>Asian Chicken Over Rice Hot Dog on a Bun <u>Sides:</u> Steamed Broccoli-Fortune Cookie Carrots w/Hummus</p>	<p>Mini French Toast w/Bacon Turkey & Cheese Hoagie Turkey Club Salad <u>Sides:</u> Hashbrown Potato Rounds Celery w/ Ranch</p>	<p>Popcorn Chicken w/ a Breadstick Chicken Patty on a Bun Raffle Day <u>Sides:</u> Mashed Potatoes-Corn Broc Bites w/ Ranch</p>	<p>Cel. Groundhog Day! Pizza Dippers w/Dippin Cup (V) Trix Yogurt & Bagel Tuna Hoagie or Salad <u>Sides:</u> Caesar Sal-Groundhog Pudding Mixed Patch w/ Ranch</p>
<p>Nat'l Brownie Day!</p> <p>Mozzarella Sticks w/ Garlic Pasta Cheeseburger on a Bun Chicken Caesar Salad <u>Sides:</u> Peas & Carrots- Brownie Hummus w/ Chips</p>	<p>Tuesday-February 12</p> <p>Nachos Grande (GF) w/ Corn Chips & Toppings Hot Dog on a Bun <u>Sides:</u> Rainbow Veggie Medley Carrots w/ Hummus</p>	<p>Wednesday-February 13</p> <p>Scrambled Eggs w/ Sausage Ham & Cheese Hoagie Fiesta Taco Salad <u>Sides:</u> Tator Tots Celery w/ Ranch</p>	<p>Valentine's Day!</p> <p>Chicken Tenders w/ a Dinner Roll Chicken Patty on a Roll Valentine Raffle <u>Sides:</u> Sweetheart Jello-Cheesy Spinach Broc Bites w/ Ranch</p>	<p>Friday-February 15</p> <p>French Bread Pizza By The Slice (V) Trix Yogurt & Bagel Tuna Hoagie or Salad <u>Sides:</u> Julius Caesar Salad Mixed Patch w/ Ranch</p>
<p>Monday-February 18</p> <p>Presidents' Day No School</p>	<p>Tuesday-February 19</p> <p>Meatball Parmesan on a Torpedo Roll Hot Dog on a Bun <u>Sides:</u> Veggie/Fun Size Lay's Chip Carrots w/ Hummus</p>	<p>Wednesday-February 20</p> <p>Dutch Waffle w/Sausage Patty Turkey & Cheese Hoagie Turkey Club Salad <u>Sides:</u> Smiley Face Potatoes Celery w/ Ranch</p>	<p>Thursday-February 21</p> <p>BBQ Chicken w/ a Corn Muffin Chicken Patty on a Bun <u>Sides:</u> Baked Beans Broc Bites w/ Ranch</p>	<p>Friday-February 22</p> <p>Personal Pizza By The Pie (V) Trix Yogurt & Bagel Tuna Hoagie or Salad <u>Sides:</u> Garden Salad Mixed Patch w/ Ranch</p>
<p>Monday-February 25</p> <p>Grilled Cheese (V) w/ Tomato Soup Cheeseburger on a Bun Chicken Caesar Salad <u>Sides:</u> Steamed Broccoli Hummus w/ Chips</p>	<p>Tuesday-February 26</p> <p>Nacho Grande (GF) w/ Corn Shells & Toppings Hot Dog on a Bun <u>Sides:</u> Glazed Carrots & Rice Carrots w/ Mean Green Hummus</p>	<p>Nat'l Strawberry Day!</p> <p>Rib-e-Cue On a Torpedo Roll Ham & Cheese Hoagie Fiesta Taco Salad <u>Sides:</u> Strawberry Cup-Coleslaw Celery w/ Ranch</p>	<p>Thursday-February 28</p> <p>Popcorn Chicken w/ Breadstick Chicken Patty on a Roll Raffle Day <u>Sides:</u> Potato Wedges Broc Bites w/ Ranch</p>	<p></p>