



January Elem. Lunch Menu St Mary's Williamstown



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

We Use
Whole Grain
Products!

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

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!
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<p>Lunch Prices: Regular Lunch \$2.95; 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 Milk: Skim White, Skim Chocolate, Skim Strawberry, 1% White, Lactaid</p>	Wednesday-January 1	Thursday-January 2	Friday-January 3
		<p>Chicken Tenders w/ a Dinner Roll Hot Dog on a Bun</p> <p>Sides: Rainbow Veggie Medley Broc Bites w/ Ranch</p>	<p>French Bread Pizza By The Slice (V) Trix Yogurt & Bagel Garden Salad w/Tuna</p> <p>Sides: Vege-licious Garden Salad Mixed Patch w/Dip</p>

Nat'l Shortcake Day!	Tuesday-January 7	Wednesday-January 8	Thursday-January 9	Friday-January 10
<p>Green Ham & Cheese On a Bagel Turkey Bacon Cheeseburger Buffalo Chicken Salad</p> <p>Sides: Fries-Strawberry Shortcake Swt. Potato Hummus w/ Chips</p>	<p>Nachos Grande w/ Corn Chips & Toppings Chicken Parmesan Sandwich</p> <p>Sides: Super Sweet Corn Carrots w/ Swt. Potato Hummus</p>	<p>Waffles w/ Sausage Ham & Cheese Hoagie Fiesta Taco Salad</p> <p>Sides: Blueberry Parfait Celery w/ Ranch</p>	<p>Popcorn Chicken w/Breadstick Hot Dog on a Bun</p> <p>Sides: Southwest Baked Beans Broc Bites w/ Ranch</p>	<p>Personal Pizza By The Pie (V) Yogurt & Bagel Tuna Hoagie</p> <p>Sides: Julius Caesar Salad Mixed Patch w/Dip</p>

Monday-January 13	Tuesday-January 14	Nat'l Bagel Day!	Nat'l Hot & Spicy Food Day!	Friday-January 17
<p>Three Cheese (V) Grilled Cheese Sandwich Turkey Bacon Cheeseburger Buffalo Chicken Salad</p> <p>Sides: Tomato Soup-Green Beans Swt. Potato Hummus w/ Chips</p>	<p>Chicken Fajita w/ Rice Chicken Patty on a Bun</p> <p>Sides: Broccoli-Fortune Cookie Carrots w/ Swt. Potato Hummus</p>	<p>Pizza Bagel Topped w/ Pepperoni Turkey & Cheese Hoagie Chicken Caesar Salad</p> <p>Sides: Mixed Veggies Celery w/ Ranch</p>	<p>Oven Baked Chicken w/BBQ sauce or Hot Sauce Hot Dog on a Bun</p> <p>Sides: Mashed Potatoes Broc Bites w/ Ranch</p>	<p>Pizza Dippers w/Dippin Cup (V) Trix Yogurt & Bagel Garden Salad w/Tuna</p> <p>Sides: Vege-licious Garden Salad Mixed Patch w/Dip</p>

Monday-January 20	Celebrate Nat'l Popcorn Day!	Wednesday-January 22	Thursday-January 23	Friday-January 24
<p>Martin Luther King Jr. Day- No School</p>	<p>Popcorn Chicken w/Breadstick Chicken Parmesan Sandwich</p> <p>Sides: Corn & Popcorn Cup Carrots w/ Swt. Potato Hummus</p>	<p>French Toast Sticks w/Turkey Bacon Ham & Cheese Hoagie Chicken Caesar Salad</p> <p>Sides: Tator Tots Celery w/ Ranch</p>	<p>Chicken Fries w/ a Corn Muffin Hot Dog on a Bun</p> <p>Sides: Rainbow Veggie Medley Broc Bites w/ Ranch</p>	<p>Pizzeria Pizza By The Slice Trix Yogurt & Bagel Tuna Hoagie</p> <p>Sides: Julius Caesar Salad Mixed Patch w/Dip</p>

Monday-January 27	Nat'l Blueberry Pancake Day!	Wednesday-January 29	National Croissant Day!	Thursday-January 31
<p>Pizza Crunchers w/Cheese & Sauce Turkey Bacon Cheeseburger Buffalo Chicken Salad</p> <p>Sides: Rainbow Veggie Medley Swt. Potato Hummus w/ Chips</p>	<p>Pancakes w/ Blueberries & a Yogurt Cup Chicken Patty on a Bun</p> <p>Sides: Roasted Potatoes-Grapefruit Sample Carrots w/ Swt. Potato Hummus</p>	<p>Nachos Grande w/Corn Chips & Toppings Turkey & Cheese Hoagie Chicken Caesar Salad</p> <p>Sides: Seasoned Rice & Beans Celery w/ Ranch</p>	<p>Hot Ham & Cheese On a Croissant Hot Dog on a Bun</p> <p>Sides: Sweet Potato Crinkle Fries Broc Bites w/ Ranch</p>	<p>French Bread Pizza By The Slice Trix Ypgurt & Bagel Garden Salad w/Tuna</p> <p>Sides: Vege-licious Garden Salad Mixed Patch w/Dip</p>