



# September

## Elem. Lunch Menu

St Mary's  
Williamstown



### DAILY ALTERNATES:

- Cereal & Yogurt **GF**
- PB & J Sandwich **V**
- Chicken Nuggets **V**



**Daily Fruit Offerings:**  
100% Fruit Juice on Tuesday  
and Thursday  
Fresh or Cupped Fruit Mon-  
day, Wednesday & Friday

**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



<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!
Tuesday-September 1	Wednesday-September 2	Thursday-September 3	Friday-September 4	
				
<b>Monday-September 7</b>	<b>Welcome Back to School!</b>	<b>Welcome Back to School!</b>	<b>Welcome Back to School!</b>	<b>Friday-September 11</b>
<b>Labor Day</b> No School	<b>Cheeseburger</b> On a Bun Chicken Patty on a Bun  <u>Sides:</u> Fresh or Cupped Fruit Carrots w/ Hummus	<b>Cheeseburger</b> On a Bun Chicken Patty on a Bun  <u>Sides:</u> Fresh or Cupped Fruit Celery w/ Ranch	<b>Cheeseburger</b> On a Bun Chicken Patty on a Bun  <u>Sides:</u> Fresh or Cupped Fruit Celery w/ Ranch	<b>Pizza Dippers</b> <b>V</b> w/Marinara Cup Yogurt&Bagel w/Cheesestick Garden Salad w/Tuna  <u>Sides:</u> Fresh or Cupped Fruit Broccoli Bites
<b>Monday-September 14</b>	<b>Tuesday-September 15</b>	<b>Wednesday September 16</b>	<b>Thursday-September 17</b>	<b>Friday-September 18</b>
<b>Mozzarella Sticks</b> <b>V</b> w/Marinara & a Roll Hot Dog on a Bun Buffalo Chicken Salad  <u>Sides:</u> Poppin' Peas/Fruit Cup Hummus w/ Chips	<b>French Toast</b> w/Sausage Chicken Patty on a Bun  <u>Sides:</u> Potato Gems 100% Fruit Juice	<b>Cheeseburger</b> On a bun Ham & Cheese Hoagie Garden Salad w/Cheese  <u>Sides:</u> Fresh or Cupped Fruit Celery w/ Hummus	<b>Popcorn Chicken</b> w/Breadstick Turkey & Cheese Sandwich  <u>Sides:</u> Golden Corn 100% Fruit Juice	<b>French Bread Pizza</b> <b>V</b> By The Slice Yogurt&Bagel w/Cheesestick Tuna Hoagie  <u>Sides:</u> Fresh or Cupped Fruit Broccoli Bites
<b>Monday-September 21</b>	<b>First Day of Fall!</b>	<b>Wednesday-September 23</b>	<b>Thursday-September 24</b>	<b>Friday-September 25</b>
<b>Pizza Crunchers</b> <b>V</b> Filled with Sauce & Cheese Hot Dog on a Bun Buffalo Chicken Salad  <u>Sides:</u> Cotta Get 'Em Green Beans Fresh or Cupped Fruit	<b>Dutch Waffle</b> w/Sausage Chicken Patty on a Bun  <u>Sides:</u> Tator Tots-Harvest Pudding 100% Fruit Juice	<b>Cheeseburger</b> On a Bun Ham & Cheese Hoagie Garden Salad w/Cheese  <u>Sides:</u> Fruit Cup / Fun Size Chip Celery w/ Ranch	<b>Meatball Parmesan</b> On a Torpedo Roll Turkey & Cheese Sandwich  <u>Sides:</u> 100%Fruit Juice Hummus w/Chips	<b>Personal Pizza</b> <b>V</b> By The Pie Yogurt&Bagel w/Cheesestick Garden Salad w/Tuna  <u>Sides:</u> Julius Caesar Salad Vege-licious Salad
<b>Celebrate Nat'l Pancake Day!</b>	<b>Tuesday-September 29</b>	<b>Wednesday-September 30</b>	<b>Lunch Prices: Regular Lunch \$3.05 Extra</b> <b>Entrée: \$1.80; Reduced: \$0.40; Water : \$0.60</b> <b>Milk: \$0.60 *Menu subject to change</b> Food Service Director: Debbie Spasari smw@nsfm.com Phone: 856-629-6419 <b>Milk:</b> Skim White, Skim Chocolate, Skim Strawberry, 1% White, Lactaid	
<b>Mini Pancakes</b> & a Yogurt Cup <b>V</b> Hot Dog on a Bun Buffalo Chicken Salad  <u>Sides:</u> Potato Smiles/Hummus&Chips Fresh or Cupped Fruit	<b>Nachos Grande</b> <b>GF</b> w/ Corn Chips & Toppings Chicken Patty on a Bun  <u>Sides:</u> Super Sweet Corn 100% Fruit Juice	<b>Cheeseburger</b> On a Bun Turkey & Cheese Sandwich Garden Salad w/Cheese  <u>Sides:</u> Macaroni Salad / Fruit Cup Celery w/ Ranch or Hummus		

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