

🌱 = Vegetarian Ingredients 🍞 = Gluten-Free Ingredients



DAILY ALTERNATES:
Assort. Cereal & Yogurt
(Chicken Nuggets) 🌱
PB & J Sandwich 🌱

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!
Daily Fruit Offerings: Fresh, Cupped, 100% Juice
We Use Whole Grain Products! All Salads Come With a Grain.

OCTOBER

Elem. Lunch Menu

St Mary's
Williamstown



Monday	Tuesday	Wednesday	Thursday	Friday
--------	---------	-----------	----------	--------

<p>CAFÉ CONTACT INFO: Food Service Director: Debbie Spasari smw@nsfm.com Phone: 856-629-6190 ext 317 Milk: Skim White, Skim Chocolate, Skim Strawberry, 1% White *Menu subject to change This institution is an equal opportunity provider.</p>			<p>Meals are FULLY FUNDED by the USDA through June 30, 2022!!!</p>	<p>Friday-October 1 Faculty Meeting 12:15 Dismissal No Lunch Served</p>
---	--	--	---	--

<p>Monday-October 4</p> <p>Baked Pasta w/Garlic Bread Cheeseburger on a Bun Buffalo Chicken Salad <u>Sides:</u> Carrots w/ Hummus Fresh or Cupped Fruit</p>	<p>Tuesday-October 5</p> <p>Hot Ham & Cheese On a Torpedo Roll Chicken Patty on a Bun <u>Sides:</u> Mixed Veggies 100% Fruit Juice</p>	<p>National Noodle Day!</p> <p>Chicken Tenders w/assorted. Dipping Cup Turkey & Cheese Sandwich Fiesta Taco Salad <u>Sides:</u> Noodles Fresh or Cupped Fruit</p>	<p>Thursday-October 7</p> <p>Baked Chicken w/ BBQ Sauce Hot Dog on a Bun <u>Sides:</u> Mashed Potatoes 100% Fruit Juice</p>	<p>Friday-October 8</p> <p>French Bread Pizza By the Slice Bagel Yogurt & Cheese stick Garden Salad w/ Tuna <u>Sides:</u> Celery Sticks Fresh or Cupped Fruit</p>
<p>Monday-October 11</p> <p>Columbus Day No School</p>	<p>Tuesday-October 12</p> <p>Bacon Cheeseburger On a Bun Chicken Patty on a Bun <u>Sides:</u> Carrot Sticks & Chips 100% Fruit Juice</p>	<p>Wednesday-October 13</p> <p>Dutch Waffle w/Sausage Turkey & Cheese Sandwich Grilled Chicken Salad <u>Sides:</u> Tator Tots Fresh or Cupped Fruit</p>	<p>Thursday-October 14</p> <p>Popcorn Chicken w/Dinner Roll Hot Dog on a Bun <u>Sides:</u> Gotta Get'em Green Beans 100% Fruit Juice</p>	<p>Friday-October 15</p> <p>Pizza Dippers w/ Dippin Cup Bagel Yogurt & Cheese Stick Tuna Salad or Hoagie <u>Sides:</u> Celery Sticks Fresh or Cupped Fruit</p>
<p>Monday-October 18</p> <p>Grilled Cheese Dippers w/Marinara Cup Cheeseburger on a Bun Buffalo Chicken Salad <u>Sides:</u> Carrots w/ Hummus Fresh or Cupped Fruit</p>	<p>Tuesday-October 19</p> <p>Mini Waffles w/Sausage Chicken Cheese Steak <u>Sides:</u> Hash brown 100% Fruit Juice</p>	<p>Wednesday-October 20</p> <p>Personal Pizza By the Pie Turkey & Cheese Sandwich Fiesta Taco Salad <u>Sides:</u> Poppin Peas Fresh or Cupped Fruit</p>	<p>International Nacho Day!</p> <p>Nacho's Grande w/Chips & Salsa Hot Dog on a Bun <u>Sides:</u> Golden Corn 100% Fruit Juice</p>	<p>Friday-October 22</p> <p>Teacher In-Service NO SCHOOL</p>
<p>Monday-October 25</p> <p>Mozzarella Sticks w/Dippin Cup Hot Dog on a Bun Buffalo Chicken Salad <u>Sides:</u> Carrots w/ Hummus Fresh or Cupped Fruit</p>	<p>National Pumpkin Day!</p> <p>Chicken Parm. Sandwich Cheeseburger on a Bun <u>Sides:</u> Hot Veggie~ Pumpkin Twister 100% Fruit Juice</p>	<p>Wednesday-October 27</p> <p>Mini Pancakes w/Sausage Turkey & Cheese Sandwich Grilled Chicken Salad <u>Sides:</u> Potatoes Wedges Fresh or Cupped Fruit</p>	<p>Thursday-October 28</p> <p>Pizzeria Pizza By the Slice Hot Ham & Cheese on a Roll <u>Sides:</u> Mixed Veggies 100% Fruit Juice</p>	<p>National Breadstick Day</p> <p>Popcorn Chicken w/Breadstick Bagel Yogurt & Cheese Stick Tuna Salad or Hoagie <u>Sides:</u> Celery Sticks Candy Corn Parfait</p>