

🌱 = Vegetarian Ingredients 🍞 = Gluten-Free Ingredients



SEPTEMBER

Elem. Lunch Menu

St Mary's
Williamstown



DAILY ALTERNATES:

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.

Monday	Tuesday	Wednesday	Thursday	Friday
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, Lactaid. *Menu subject to change This institution is an equal opportunity provider.		Wednesday-September 1	Thursday-September 2	Friday-September 3
Monday-September 6	Tuesday-September 7	Wednesday-September 8	Thursday-September 9	Friday-September 10
	Grades K-4 Only 12:15 Dismissal No Lunch Served	Grades 5-8 Only 12:15 Dismissal No Lunch Served	Chicken Patty On a Bun Hot Dog on a Bun <u>Sides:</u> Golden Corn 100% Fruit Juice	French Bread Pizza By the Slice Bagel Yogurt & Cheese Stick Chicken Caesar Salad <u>Sides:</u> Green Beans Fresh or Cupped Fruit
Monday-September 13	Tuesday-September 14	Wednesday-September 15	Thursday-September 16	Friday-September 17
Pizza Dippers w/Dippin Cup Turkey & Cheese Hoagie Garden Salad w/ Cheese <u>Sides:</u> Steamed Carrots Fresh or Cupped Fruit	Nachos Grande w/Chips & Salsa Chicken Patty on a Bun <u>Sides:</u> Seasoned Rice 100% Fruit Juice	Mini Waffles w/Sausage Ham & Cheese Sandwich Fiesta Taco Salad <u>Sides:</u> Tator Tots Fresh or Cupped Fruit	Popcorn Chicken w/Bread Stick BBQ Pulled Pork on a Bun <u>Sides:</u> Golden Corn 100% Fruit Juice	Personal Pizza By the Pie Bagel Yogurt & Cheese Stick Chicken Caesar Salad <u>Sides:</u> Poppin Peas Fresh or Cupped Fruit
Monday-September 20	Tuesday-September 21	Wednesday-September 22	Thursday-September 23	Friday-September 24
Mozzarella Sticks w/ Dippin Cup Chicken Cheesesteak Garden Salad w/ Cheese <u>Sides:</u> Carrots w/ Hummus Fresh or Cupped Fruit	Chicken Fajitas w/Sour Cream & Salsa Chicken Patty on a Bun <u>Sides:</u> Peppers & Onions 100% Fruit Juice	Mini Pancakes w/ Bacon Ham & Cheese Sandwich Chef Salad <u>Sides:</u> Has Brown Potato Round Fresh or Cupped Fruit	Chicken Tenders w/Noodles Cheeseburger on a Bun <u>Sides:</u> Celery Sticks 100% Fruit Juice	Pizzeria Pizza By the Slice Bagel Yogurt & Cheese Stick Chicken Caesar Salad <u>Sides:</u> Broccoli Salad Fresh or Cupped Fruit
Monday-September 27	Tuesday-September 28	Wednesday-September 29	Thursday-September 30	
Macaroni & Cheese Homemade Chicken Cheese Steak Garden Salad w/Cheese <u>Sides:</u> Carrots w/ Hummus Fresh or Cupped Fruit	Bacon Cheeseburger On a Bun Chicken Patty on a Bun <u>Sides:</u> Gotta Get'em Green Beans 100% Fruit Juice	French Toast Sticks w/ Sausage Ham & Cheese Sandwich Chef Salad <u>Sides:</u> Seasoned Potato Wedges Fresh or Cupped Fruit	Chicken Quesadillas w/Sour Cream & Salsa Hot Dog on a Bun <u>Sides:</u> Seasoned Rice 100% Fruit Juice	Meals are FULLY FUNDED by the USDA through June 30, 2022!!!