

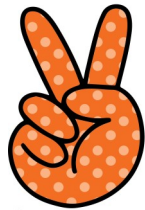
= Vegetarian Ingredients = Gluten-Free Ingredients



NOVEMBER

Elem. Lunch Menu

St Mary's
Williamstown



Peace ♥ Love ♥ Pumpkin

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.

Meals are FULLY FUNDED by the USDA through June 30, 2022!

Monday-November 1	Tuesday-November 2	Wednesday-November 3	Thursday-November 4	Friday-November 5
Baked Pasta w/Garlic Bread Chicken Patty on a Bun Autumn Harvest Salad <u>Sides:</u> Carrots w/ Hummus Fresh or Cupped Fruit	Oven Baked Chicken w/ BBQ Sauce Cheeseburger on a Bun <u>Sides:</u> Gotta Get'em Green Beans 100% Fruit Juice	Mini Waffles w/Sausage Ham & Cheese Hoagie Grilled Chicken Salad <u>Sides:</u> Tator Tots Fresh or Cupped Fruit	French Bread Pizza By the Slice Chicken Cheese Steak <u>Sides:</u> Celery Sticks 100% Fruit Juice	Faculty Meeting 12:15 Dismissal No Lunch Served
Monday-November 8	Tuesday-November 9	Wednesday-November 10	Thursday-November 11	Friday-November 12
Grilled Cheese Sandwich Rib-E-Cue on a Roll Autumn Harvest Salad <u>Sides:</u> Carrots w/ Hummus Fresh or Cupped Fruit	Nachos Grande w/Chips & Salsa Chicken Patty on a Bun <u>Sides:</u> Seasoned Rice 100% Fruit Juice	Bacon Egg & Cheese On a English Muffin Ham & Cheese Sandwich Fiesta Taco Salad <u>Sides:</u> Celery Sticks Fresh or Cupped Fruit	Popcorn Chicken w/ Bread Stick Cheeseburger on a Bun <u>Sides:</u> Steamed Carrots 100% Fruit Juice	Cheese Pizza Bagel Yogurt & Cheese Stick Tuna Salad or Hoagie <u>Sides:</u> Broccoli Salad Fresh or Cupped Fruit
Cel. Nat'l Pickle Day!	Tuesday-November 16	Wednesday-November 17	Thursday-November 18	Friday-November 19
Macaroni & Cheese Homemade Hot Dog on a Bun Autumn Harvest Salad <u>Sides:</u> Pickle - Carrots w/ Hummus Fresh or Cupped Fruit	Dutch Waffle w/Sausage Rib-E-Cue on a Roll <u>Sides:</u> Hash Brown Potato 100% Fruit Juice	Thanksgiving Meal Sponsored By the PTA Turkey & Gravy w/Mashed Potatoes <u>Sides:</u> Golden Corn Fresh or Cupped Fruit	Personal Pizza By the Pie Cheeseburger on a Bun <u>Sides:</u> Celery Sticks 100% Fruit Juice	Parent Conferences No School For Students
Monday-November 22	Tuesday-November 23	Wednesday-November 24	Thursday-November 25	Friday-November 26
Mozzarella Sticks w/Dippin Cup Chicken Patty on a Bun Autumn Harvest Salad <u>Sides:</u> Carrots w/ Hummus Fresh or Cupped Fruit	Pizzeria Pizza By the Slice Chicken Quesadilla <u>Sides:</u> Celery Sticks 100% Fruit Juice	12:15 Dismissal No Lunch Served		
Cel. Nat'l French Toast Day!	Tuesday-November 30	CAFÉ CONTACT INFO: Food Service Director: Debbie Spasari smw@nsfm.com Phone: 856-629-6190 ext 317 *Menu subject to change. Supply chain issues continue to permeate the food service industry leading to product stockouts. We are doing our best to serve what is menued & when that is not possible choosing the best possible substitute. This institution is an equal opportunity provider.		
French Toast w/ Yogurt Cup Hot Dog on a Bun Autumn Harvest Salad <u>Sides:</u> Carrots w/ Hummus Fresh or Cupped Fruit	Chicken Tenders w/Noodles Cheeseburger on a Bun <u>Sides:</u> Poppin Peas 100% Fruit Juice			