

# OCTOBER 2022

## Lunch MENU

St Mary's Williamstown



### DAILY ALTERNATES:

1. Cereal & Yogurt
  2. Chicken Nuggets w/Goldfish
  3. PB & J Sandwich
- FRUIT:** Fresh, Cupped & 100% Fruit Juice  
**MILK:** Skim Chocolate, Skim Strawberry, 1% White



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>Grilled Cheese</b> Dippers Cheeseburger on a Bun Apple Cranberry Mozz. Salad <u>Sides:</u> Carrot Sticks Fruit of the Day	<b>4</b> <b>Nachos Grande</b> w/Salsa & Chips Grilled Chicken Patty On a Kaiser Roll <u>Sides:</u> Seasoned Rice 100% Apple Juice	<b>5</b> <b>French Toast Sticks</b> w/Sausage Turkey & Cheese Sandwich Fiesta Taco Salad <u>Sides:</u> Celery Sticks Fruit of the Day	<b>6</b> <b>Chicken Tenders</b> w/Noodles BBQ Pulled Pork On a Roll <u>Sides:</u> Vegetarian Beans 100% Apple Juice	<b>7</b> <b>Teacher In-Service</b> 
<b>10</b> 	<b>11</b> <b>Oven Baked Chicken</b> w/BBQ Sauce Cheeseburger on a Bun <u>Sides:</u> Gotta Get' em Green Beans 100% Apple Juice	<b>12</b> <b>Mini Waffles</b> w/Sausage Turkey & Cheese Hoagie Chicken Caesar Salad <u>Sides:</u> Hash Brown & Carrot Sticks Fruit of the Day	<b>Raffle Day!! 13</b> <b>Popcorn Chicken</b> w/ Bread Stick Hot Ham & Cheese Sandwich <u>Sides:</u> Baked Beans 100% Apple Juice	<b>14</b> <b>Faculty Meeting</b> 12:15 Dismissal No Lunch Served
<b>17</b> <b>Pizza Dippers</b> w/ Dippin Cup Chicken Cheese Steak Apple Cranberry Mozz. Salad <u>Sides:</u> Celery Sticks Fruit of the Day	<b>18</b> <b>Bacon Cheeseburger</b> On a Bun Chicken Patty on a Bun <u>Sides:</u> Carrot Sticks & Lay's Chips 100% Apple Juice	<b>19</b> <b>Dutch Waffle</b> w/Bacon Turkey & Cheese Sandwich Chicken Caesar Salad <u>Sides:</u> Potato Wedges Fruit of the Day	<b>20</b> <b>Baked Penne</b> w/Garlic Bread BBQ Pulled Pork On a Roll <u>Sides:</u> Baked Beans 100% Apple Juice	<b>21</b> <b>French Bread Pizza</b> By the Slice Bagel Yogurt & Cheese Stick Tuna Salad or Hoagie <u>Sides:</u> Veggie Patch Fruit of the Day
<b>24</b> <b>Mozzarella Sticks</b> w/Dippin Cup Cheeseburger on a Bun Apple Cranberry Mozz. Salad <u>Sides:</u> Carrot Sticks Fruit of the Day	<b>25</b> <b>Twin Soft Shell Tacos</b> w/Salsa & Cheese Chicken Patty on a Bun <u>Sides:</u> Refried Beans 100% apple Juice	<b>26</b> <b>Macaroni &amp; Cheese</b> Homemade Turkey & Cheese Hoagie Fiesta Taco Salad <u>Sides:</u> Celery Sticks Fruit of the Day	<b>27</b> <b>Popcorn Chicken</b> w/Dinner Roll BBQ Pulled Pork On a Roll <u>Sides:</u> Golden Corn 100% Apple Juice	<b>28</b> <b>Pizzeria Pizza</b> By the Slice Bagel yogurt & Cheese stick Tuna Salad or Hoagie <u>Sides:</u> Veggie Patch Fruit of the Day
<b>Halloween Raffle 31</b> <b>Pizza Crunchers</b> Filled w/Cheese & Sauce Rib-EEK- Cue on a Torpedo Apple Cranberry Mozz. Salad <u>Sides:</u> Carrot Sticks & Pudding Cup Fruit of the Day				
<b>CAFÉ CONTACT INFO:</b> Debbie Spasari, Food Service Director smw@nsfm.com Phone: 856-629-6190 ext 317 *Menu subject to change This institution is an equal opportunity provider.				<b>Lunch Includes:</b> Protein Grain Fruit Veggie Milk Choose at least 3 out of 5 components— 1 must be a fruit or veggie. You may take 2 fruits & 2 veggies! Lunch Prices \$3.10
(GF) = Gluten-Free Ingredients (V) = Vegetarian Ingredients				