

**SEPTEMBER**  
**Elem. Lunch Menu**

St Mary's  
Williamstown

**DAILY ALTERNATES:**

Cereal & Yogurt  
Chicken Nuggets  
PB & J Sandwich

**Choose 1 Entrée.**

**Lunch Includes:**  
Protein ~ Grain ~ Fruit ~ Veggie ~ Milk  
Choose at least 3 out of 5 components including a fruit or veggie. You may take 2 fruits & 2 veggies.  
All salads come with a grain.  
Daily Fruit offerings include: Fresh, Cupped & 100% Juice

Fresh veggies such as cucumbers, carrots, peppers or celery are available daily with ranch dip.

**CAFÉ CONTACT INFO:**

Debbie Spasari (Food Service Director)  
smw@nsfm.com Phone: 856-629-6190ext 317  
**Lunch Prices: Lunch \$3.10 Extra Entrée: \$1.80**  
**Reduced: 00 Water: 0.70 Milk: 0.60**

\*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.

**Thursday-September 1**

**Friday-September 2**

**Monday-September 5**

**Tuesday-September 6**

**Wednesday-September 7**

**Thursday-September 8**

**Friday-September 9**

**Labor Day  
No School**

**K-4 Only**

12:15 Dismissal  
No Lunch Served

**5-8 Only**

12:15 Dismissal  
No Lunch Served

**Chicken Tenders**  
w/Dinner Roll  
Hot Dog on a Bun

Sides:  
Baked Beans  
100% Apple Juice

**French Bread Pizza**  
By the Slice  
Bagel Yogurt & Cheese Stick  
Garden Salad w/ Tuna

Sides:  
Vegetable of the Day  
Fruit of the Day

**Monday-September 12**

**Tuesday-September 13**

**Wednesday-September 14**

**Thursday-September 15**

**Friday-September 16**

**Pizza Dippers**  
w/Dippin Cup  
Cheeseburger on a Bun  
Garden Salad w/ Cheese  
Sides:  
Vegetable of the Day  
Fruit of the Day

**Nachos Grande**  
w/Chips & Salsa  
Chicken Patty on a Bun  
Sides:  
Vegetable of the Day  
100% Apple Juice

**French Toast Sticks**  
w/ Sausage  
Ham & Cheese Sandwich  
Grilled Chicken Salad  
Sides:  
Tator Tots  
Fruit of the Day

**Popcorn Chicken**  
w/Garlic Breadstick  
Hot Dog on a Bun  
Sides:  
Baked Beans  
100% Apple Juice

**Personal Pizza**  
By the Pie  
Bagel Yogurt & Cheese Stick  
Garden Salad w/ Tuna  
Sides:  
Vegetable of the Day  
Fruit of the Day

**Monday-September 19**

**Tuesday-September 20**

**Wednesday-September 21**

**Thursday-September 22**

**Friday-September 23**

**Mozzarella Sticks**  
w/Dippin Cup  
Chicken Patty on a Bun  
Garden Salad w/ Cheese  
Sides:  
Vegetable of the Day  
Fruit of the Day

**Baked Pasta**  
w/Garlic Bread  
Turkey & Cheese Hoagie  
Sides:  
Vegetable of the Day  
100% Apple Juice

**Dutch Waffle**  
w/Sausage  
Ham & Cheese Sandwich  
Grilled Chicken Salad  
Sides:  
Vegetable of the Day  
Fruit of the Day

**Chicken Cheese Steak**  
On a Torpedo Roll  
Hot Dog on a Bun  
Sides:  
Baked Beans  
100% Apple Juice

**Pizzeria Pizza**  
By the Slice  
Bagel Yogurt & Cheese Stick  
Garden Salad w/ Tuna  
Sides:  
Vegetable of the Day  
Fruit of the Day

**Monday-September 26**

**Tuesday-September 27**

**Wednesday-September 28**

**Thursday-September 29**

**Friday-September 30**

**Pizza Crunchers**  
Filled w/Cheese & Sauce  
Cheeseburger on a Bun  
Garden Salad w/ Cheese  
Sides:  
Vegetable of the Day  
Fruit of the Day

**Meatball Parmesan**  
On a Roll  
Chicken Patty on a Bun  
Sides:  
Three Bean Salad  
100% Apple Juice

**Bacon Egg & Cheese**  
On an English Muffin  
Ham & Cheese Sandwich  
Grilled Chicken Salad  
Sides:  
Vegetable of the Day  
Fruit of the Day

**Chicken Fajitas**  
w/Sour Cream & Salsa  
Hot Dog on a Bun  
Sides:  
Vegetable of the Day  
100% Apple Juice

**Cheese Pizza**  
By the Slice  
Bagel Yogurt & Cheese Stick  
Garden Salad w/ Tuna  
Sides:  
Vegetable of the Day  
Fruit of the Day