

# November 2022

## Elementary Lunch

St Mary's Williamstown



### DAILY ALTERNATES:

1. Cereal & Yogurt
2. Chicken Nuggets w/Goldfish Crackers
3. PB&J Sandwich

**FRUIT:** Fresh, Cupped & 100% Fruit Juice

**MILK:** 1% White, Skim Chocolate, Skim Strawberry,



Monday	Tuesday	Wednesday	Thursday	Friday
<p><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 &amp; 2 veggies!</p> <p><b>Lunch Prices</b> Student Paid: \$3.10 Free &amp; Reduced Status: free! Water:\$0.70 Milk: \$0.60</p>	<p><b>1</b></p> <p><b>Nachos Grande</b> w/Salsa &amp; Chips Chicken Cheese Steak</p> <p><u>Sides:</u> Brown Rice &amp; Celery Sticks 100% Apple Juice</p>	<p><b>2</b></p> <p><b>Bacon Egg &amp; Cheese</b> On a Bagel Ham &amp; Cheese Sandwich Fiesta Taco Salad</p> <p><u>Sides:</u> Carrot Coins Fruit of the Day</p>	<p><b>3</b></p> <p><b>Chicken Tenders</b> w/Noodles Cheeseburger on a Bun</p> <p><u>Sides:</u> Baked Beans 100% Apple Juice</p>	<p><b>4</b></p> <p><b>Faculty Meeting</b></p> <p>12:15 Dismissal No Lunch Served</p>
<p><b>7</b></p> <p><b>Pizza Dippers</b> w/Marinara Cup Chicken Patty on a Bun Autumn Harvest Salad</p> <p><u>Sides:</u> Hot &amp; Cold Vegetable Fruit of the Day</p>	<p><b>8</b></p> <p><b>BBQ Western Burger</b> w/Onion Rings Grilled Chicken Patty Sandwich w/Honey Mustard</p> <p><u>Sides:</u> Baked Beans &amp; Carrot Sticks 100% Apple Juice</p>	<p><b>9</b></p> <p><b>Mini Waffles</b> w/Sausage Ham &amp; Cheese Hoagie Fiesta Taco Salad</p> <p><u>Sides:</u> Tator Tots &amp; Celery Sticks Fruit of the Day</p>	<p><b>10</b></p> <p><b>Popcorn Chicken</b> w/Garlic Bread Stick Hot Dog on a Bun</p> <p><u>Sides:</u> Gotta Get'em Green Beans 100% Apple Juice</p>	<p><b>11</b></p> <p><b>Cheese Pizza</b> By the Slice Bagel Yogurt &amp; Cheese Stick Tuna Hoagie or Salad</p> <p><u>Sides:</u> Veggie Patch Fruit of the Day</p>
<p><b>14</b></p> <p><b>Grilled Cheese</b> Sandwich Grilled Chicken Patty w/L&amp;T Autumn Harvest Salad</p> <p><u>Sides:</u> Tomato Soup/ Carrot Sticks Fruit of the Day</p>	<p><b>15</b></p> <p><b>BBQ Baked Chicken</b> Legs/thighs/wings/breasts w/Dinner Roll Hot Dog on a Bun</p> <p><u>Sides:</u> Baked Beans / Celery Sticks 100% Apple Juice</p>	<p><b>16</b></p> <p><b>Thanksgiving Meal</b> Sponsored By the PTA Turkey &amp; Gravy w/Mashed Potatoes</p> <p><u>Sides:</u> Golden Corn Fruit Juice</p>	<p><b>17</b></p> <p><b>Chicken Quesadilla</b> w/Salsa &amp; Sour Cream Cheeseburger on a Bun</p> <p><u>Sides:</u> Peppers &amp; onions /Side Salad 100% Apple Juice</p>	<p><b>18</b></p> <p><b>Personal Pizza</b> By the Pie Bagel Yogurt &amp; Cheese Stick Tuna Salad or Hoagie</p> <p><u>Sides:</u> Veggie Patch Fruit of the Day</p>
<p><b>21</b></p> <p><b>French Bread Pizza</b> By the Slice Chicken Fajitas w/Salsa Cup Autumn Harvest Salad</p> <p><u>Sides:</u> Green Beans &amp; Carrot Sticks Fruit of the Day</p>	<p><b>22</b></p> <p><b>Nachos Grande</b> w/Salsa &amp; Chips Chicken Patty on a Bun</p> <p><u>Sides:</u> Gold Corn &amp; Rice 100% Apple Juice</p>	<p><b>23</b></p> <p>12:15 Dismissal</p> <p>No Lunch Served No Aftercare</p>	<p><b>24</b>      <b>25</b></p>	
<p><b>28</b></p> <p><b>Mozzarella Sticks</b> w/ Dippin Cup BBQ Grilled Chicken Sandwich Autumn Harvest Salad</p> <p><u>Sides:</u> Carrot Coins Fruit of the Day</p>	<p><b>29</b></p> <p><b>Popcorn Chicken</b> W /Garlic Bread stick Cheeseburger on a Bun</p> <p><u>Sides:</u> Baked Beans /Celery Sticks 100% Apple Juice</p>	<p><b>30</b></p> <p>Parent Conferences</p>	<p><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.</p>	

| View interactive menus: [yourschool.nutrislice.com](https://yourschool.nutrislice.com)