

January 2023

Elementary Lunch

St Mary's Williamstown



DAILY ALTERNATES:


1. Cereal & Yogurt
2. Chicken Nuggets
3. PB&J Sandwich

FRUIT: Fresh, Cupped & 100% Fruit Juice

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



(V) = Vegetarian Ingredients **(GF)** = Gluten-Free Ingredients

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Happy New Year!</p>	<p>3 Chicken Cheesesteak On a Torpedo Roll Hot Dog on a Bun</p> <p><u>Sides:</u> Mixed Vegetables 100% Fruit Juice</p>	<p>4 Cheeseburger On a Bun Ham & Cheese Sandwich Garden Salad w/Cheese</p> <p><u>Sides:</u> Baked Beans Fruit Cup</p>	<p>5 French Bread Pizza By the Slice Chicken Patty on a Bun</p> <p><u>Sides:</u> Celery Sticks w/Hummus 100% Fruit Juice</p>	<p>6 Faculty Meeting</p> <p>12:15 Dismissal No Lunch Served</p>
<p>9 Grilled Cheese w/Tomato Soup Chicken Cheese Steak Grilled Chicken Salad</p> <p><u>Sides:</u> Carrot Coins Fresh Fruit Cup</p>	<p>10 Nachos Grande w/Chips & Salsa BBQ Pulled Pork Sandwich</p> <p><u>Sides:</u> Seasoned Rice 100% Apple Juice</p>	<p>11 Mini Waffles w/Sausage Ham & Cheese Sandwich Fiesta Taco Salad</p> <p><u>Sides:</u> Potato Wedges Fruit of the Day</p>	<p>12 Oven Baked Chicken w/BBQ Sauce Cheeseburger on a Bun</p> <p><u>Sides:</u> Baked Beans 100% Apple Juice</p>	<p>13 Personal Pizza By the Pie Bagel Yogurt & Cheese Stick Garden Salad w/Tuna</p> <p><u>Sides:</u> Veggie Patch Fruit of the Day</p>
<p>16 Martin Luther King Jr Day</p> 	<p>17 Popcorn Chicken w/Dinner Roll Cheeseburger on a Bun</p> <p><u>Sides:</u> Golden Corn 100% Apple Juice</p>	<p>18 Dutch Waffle w/Sausage Ham & Cheese Sandwich Fiesta Taco Salad</p> <p><u>Sides:</u> Tator Tots Fruit of the Day</p>	<p>Raffle Day 19 Spaghetti w/Meat sauce Turkey & Cheese Hoagie</p> <p><u>Sides:</u> Carrot Sticks 100% Apple Juice</p>	<p>20 Pizzeria Pizza By the Slice Bagel Yogurt & Cheese Stick Garden Salad w/Tuna</p> <p><u>Sides:</u> Veggie Patch Fruit of the Day</p>
<p>23 Pizza Crunchers Filled w/Sauce & Cheese Chicken Cheese Steak Grilled Chicken Salad</p> <p><u>Sides:</u> Poppin Peas Fruit of the Day</p>	<p>24 Macaroni & Cheese Homemade Hot Dog on a Bun</p> <p><u>Sides:</u> Green Beans & Carrot Sticks 100% Fruit Juice</p>	<p>25 Pancakes w/Blueberries Ham & Cheese Sandwich Fiesta Taco Salad</p> <p><u>Sides:</u> Hash browns Fruit of the Day</p>	<p>26 Chicken Fajita w/Rice Cheeseburger on a Bun</p> <p><u>Sides:</u> Peppers & Onions 100% Apple Juice</p>	<p>27 Cheese Pizza By the slice Bagel Yogurt & Cheese Stick Garden Salad w/Tuna</p> <p><u>Sides:</u> Veggie Patch Fruit of the Day</p>
<p>30 Mozzarella Sticks w/Dippin Cup Cheeseburger on a Bun Grilled Chicken Salad</p> <p><u>Sides:</u> Baked Beans & Carrot Sticks Fruit of the Day</p>	<p>Raffle Day 31 Nachos Grande w/Salsa & Chips Chicken Cheese Steak</p> <p><u>Sides:</u> Golden Corn 100% Apple Juice</p>	<p>Lunch Includes: 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!</p> <p>Lunch Prices Student Paid: \$3.10 Free & Reduced Status: free! Water: \$0.70 Milk:\$0.60</p>		

CAFÉ CONTACT INFO:

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*Menu subject to change