

March 2023

Elementary Lunch

St Mary's Williamstown



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

DAILY ALTERNATES:

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

FRUIT: Fresh, Cupped & 100% Fruit Juice

MILK: Skim White, Skim Chocolate, Skim Strawberry,

Monday	Tuesday	Wednesday	Thursday	Friday
<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: \$.70 Milk: \$.60</p>	<p>CAFÉ CONTACT INFO:</p> <p>Debbie Spasari, Food Service Director smw@nsfm.com Phone: 856-629-6190 ext 317</p> <p>*Menu subject to change</p>	<p>1</p> <p>Mini French Toast w/Sausage Ham & Cheese Sandwich Grilled Chicken Salad</p> <p>Sides: Hash Brown Potato Fruit of the Day</p>	<p>2</p> <p>French Bread Pizza By the Slice BBQ Pork Sandwich</p> <p>Sides: Mixed Veggies 100% Apple Juice</p>	<p>3</p> <p>Faculty Meeting</p> <p>12:15 Dismissal No Lunch Served</p>
<p>6</p> <p>Grilled Cheese Dippers Cheeseburger on a Bun Buffalo Chicken Salad</p> <p>Sides: Peas & Carrot Sticks Fruit of the Day</p>	<p>7</p> <p>Nachos Grande w/Chips & Salsa Chicken Fajita Wrap</p> <p>Sides: Golden Corn 100% Apple Juice</p>	<p>8</p> <p>Bacon Egg & Cheese On English Muffin Ham & Cheese Sandwich Fiesta Taco Salad</p> <p>Sides: Celery Sticks / Carrot Coins Fruit of the Day</p>	<p>9</p> <p>Popcorn Chicken w/Breadstick Sloppy Joe Sandwich</p> <p>Sides: Baked Beans 100% Apple Juice</p>	<p>10</p> <p>Cheese Pizza By the Slice Bagel Yogurt & Cheese Stick Garden Salad w/Tuna</p> <p>Sides: Veggie Patch Fruit of the Day</p>
<p>13</p> <p>Teacher In-Service</p> <p>NO SCHOOL</p>	<p>14</p> <p>Cheese Steak On a Torpedo Roll Chicken Patty on a Bun</p> <p>Sides: Green Beans / Lay's Chips 100% Apple Juice</p>	<p>15</p> <p>Turkey & Cheese Hoagie Ham & Cheese Sandwich Grilled Chicken Salad</p> <p>Sides: Potato Wedges /Carrot Sticks Fruit of the Day</p>	<p>16</p> <p>Chicken Tenders w/ Noodles BBQ Pork Sandwich</p> <p>Sides: Baked Beans 100% Apple Juice</p>	<p>17</p> <p>Pizzeria Pizza By the Slice Bagel Yogurt & Cheese Stick Garden Salad w/Tuna</p> <p>Sides: Veggie Patch Fruit of the Day</p>
<p>20</p> <p>Pizza Crunchers Filled w/Cheese & Sauce Cheeseburger on a Bun Buffalo Chicken Salad</p> <p>Sides: Steamed Mixed Vegetables Fruit of the Day</p>	<p>21</p> <p>Chicken Quesadillas w/Sour Cream And Salsa Hot Dog on a Bun</p> <p>Sides: Brown Rice & Baked Beans 100% Apple Juice</p>	<p>22</p> <p>Dutch Waffle w/Sausage Ham & Cheese Sandwich Fiesta Taco Salad</p> <p>Sides: Tator Tots /Celery Sticks Fruit of the Day</p>	<p>23</p> <p>Nachos Grande w/Chips & Salsa Sloppy Joe Sandwich</p> <p>Sides: Golden Corn 100% Apple Juice</p>	<p>24</p> <p>Personal Pizza By the Pie Bagel Yogurt & Cheese Stick Garden Salad w Tuna</p> <p>Sides: Veggie Patch Fruit of the Day</p>
<p>27</p> <p>Macaroni & Cheese Homemade Cheeseburger on a Bun Buffalo Chicken Salad</p> <p>Sides: Carrot Sticks Fruit of the Day</p>	<p>28</p> <p>Popcorn Chicken w/Breadstick BBQ Pork Sandwich</p> <p>Sides: Baked Beans 100% Apple Juice</p>	<p>29</p> <p>Pizza Dippers w/Dippin Cup Chicken Fajita Wrap Grilled Chicken Salad</p> <p>Sides: Pepper Slices Fruit of the Day</p>	<p>30</p> <p>Chicken Sticks w/Asst. Dippin Cup Ham & Cheese Sandwich</p> <p>Sides: Macaroni Salad /Celery 100% Apple Juice</p>	<p>31</p> <p>Faculty Retreat</p> <p>12:15 Dismissal No Lunch Served</p>