

October 2023

Elementary Lunch

St Mary's Williamstown

 = Vegetarian Ingredients  = Gluten-Free Ingredients



DAILY ALTERNATES:

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

FRUIT: Fresh, Cupped & 100% Fruit Juice

Monday	Tuesday	Wednesday	Thursday	Friday
2 Macaroni & Cheese Homemade Cheeseburger on a Bun Spinach Salad w/Bac. & Egg <u>Sides:</u> Carrot Sticks & Coins Strawberry Cup	3 Baked Chicken w/BBQ Sauce Chicken Patty on a Bun <u>Sides:</u> Baked Beans & Celery 100% Apple Juice	4 Mini Pancakes w/Sausage Turkey & Cheese Sandwich Chicken Caesar Salad <u>Sides:</u> Potato Wedge Orange Slices	5 Popcorn Chicken w/Garlic Breadstick BBQ Pulled Pork on a Roll <u>Sides:</u> Coleslaw & Cucumber Slices 100% Apple Juice	6 12:15 Dismissal No Lunch Served
9 	10 Pizza Dippers w/Dippin Cup Cheeseburger on a Bun <u>Sides:</u> Carrot Sticks & Poppin Peas 100% Apple Juice	11 French Toast Sticks w/Sausage Ham & Cheese Sandwich Chicken Caesar Salad <u>Sides:</u> Celery Sticks & Hash Brown Apple Slices	Raffle Day 12 Nachos Grande w/All the Fixins BBQ Pulled Pork o a Roll <u>Sides:</u> Hot Corn & Pepper Slices 100% Apple Juice	13 Personal Pizza By the Pie Bagel Yogurt & Cheese Stick Fiesta Taco Salad <u>Sides:</u> Mixed Veggie Patch Diced Pears
16 Teacher In-Service 	17 Popcorn Chicken w/Noodles Cheeseburger on a Bun <u>Sides:</u> Baked Beans & Tomato Salad 100% Apple Juice	18 Mini Waffles w/Bacon Turkey & Cheese Sandwich Chicken Caesar Salad <u>Sides:</u> Tator Tots & Carrot Sticks Fresh Orange Slices	19 Chicken Quesadilla w/Salsa & Sour Cream Ham & Cheese Hoagie <u>Sides:</u> Rice & Black Beans 100% Apple Juice	20 French Bread Pizza By the Slice Bagel & Yogurt w/Cheese Stick Garden Salad w/ Tuna <u>Sides:</u> Mixed Veggie Patch Sliced Pears
23 Pizza Crunchers Filled w/Cheese & Sauce Cheeseburger on a Bun Spinach Salad w/Bac. & Egg <u>Sides:</u> Carrot Coins & Celery Sticks Peach Cup	24 Nachos Grande w/Chips & Salsa Grilled Chicken Wrap <u>Sides:</u> Seasoned Rice 100% Apple Juice	25 Dutch Waffle w/Sausage Ham & Cheese Sandwich Fiesta Taco Salad <u>Sides:</u> Poppin Peas Apple Slices	26 Chicken Sticks w/Assorted Dips BBQ Pulled Pork on a Roll <u>Sides:</u> Baked Beans & Mac. Salad 100% Apple Juice	27 Pizzeria Pizza By the Slice Bagel Yogurt & Cheese Stick Garden Salad w/Cheese <u>Sides:</u> Mixed Veggie Patch Mixed Fruit Cuo
30 Grilled Cheese w/ Tomato Soup Grilled Chicken Wrap Spinach Salad w/Bac. & Egg <u>Sides:</u> Green beans & Carrot Sticks Blueberry Cup	Halloween Raffle 31 Double Boo Burger w/Cheese Hot Dog Mummy <u>Sides:</u> Candy Corn Parfait/Celery Apple Juice & Lay's Chips	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! Lunch Prices Student Paid: \$3.20 Free & Reduced Status: free! Water: .70 & Extra Milk: .60	CAFÉ CONTACT INFO: 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.	