



ST. MARY'S HIGH SCHOOL

FEBRUARY 2018


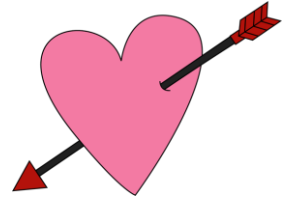



Menu is subject to change.



Personal Touch Food Service

Chef Manager:

Ryan Covelli

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|---|
|  |  |  | SUPER BOWL 52 CELEBRATION  LOADED NACHOS ^{WG} HOT DOGS HAMBURGERS | NO SCHOOL LANCER AUCTION |
| 5 GRILLED CHEESE SANDWICH ^V CHICKEN CAESAR SALAD Tomato Soup ^V Mandarin Oranges ^V | 6 TACO TUESDAY! TACO IN A BAG Spicy Mexican Rice ^V Refried Beans ^V | 7 National Fettucine Alfredo Day! FETTUCINE ALFREDO ^V Side Salad ^V Garlic Bread ^V | 8 Build Your Own BURGER BAR Assorted Toppings French Fries ^V Peaches ^V | 9 National Pizza Day! CHEESE & PEPPERONI PIZZA or VEGETABLE PIZZA ^V Potato Chips ^V Fresh Fruit Cup ^V |
| 12 MEATBALL BOMBERS Steak Fries ^V Pears ^V | 13 MARDI GRAS!  JAMBALAYA Red Beans & Rice ^V Side Salad ^V | 14 ASH WEDNESDAY <i>Happy Valentine's Day</i> FISH FRY or BAKED TILAPIA Coleslaw ^V Macaroni Salad ^V | 15 Build Your Own BAKED POTATO (Idaho or Sweet Potato) Assorted Toppings Seasoned Corn ^V Dinner Roll ^V | 16 MACARONI & CHEESE ^V Caesar Salad Cauliflower Gratin ^V |
| 19  <i>Presidents Day</i> NO SCHOOL | 20 TACO TUESDAY! SHREDDED CHICKEN TACO Tortilla Chips & Salsa ^{V/WG} Seasoned Vegetable Blend ^V | 21 TORTELLINI with RED SAUCE ^V Caesar Salad Dinner Roll ^V | 22 Build Your Own FAJITA BAR Assorted Toppings Seasoned Rice ^V Pineapple ^V | 23 NO SCHOOL |
| 26 BREADED PORK CHOPS Roasted Broccoli ^V Mashed Potatoes ^V w/ Gravy Applesauce ^V | 27 TACO TUESDAY! TACO SALAD Seasoned Corn ^V Tropical Fruit Cup ^V | 28 GARLIC & BROCCOLI PENNE PASTA ^V Side Salad ^V Seasoned Green Beans ^V |  |  |

SERVED DAILY:

| | |
|----------------------------------|---------|
| Entrees | \$ 3.50 |
| Salad - Large ^V | \$ 3.25 |
| Salad - Small ^V | \$ 2.15 |
| Fresh made Soup | \$ 1.30 |
| Cold Sub, Wrap | \$ 3.50 |
| Intense Milk ^V | \$ 1.75 |
| Milk ½ pint | \$.80 |
| Juice Cup ^V | \$.60 |
| Bottle Water ^V | \$ 1.00 |
| Pizza, all varieties | \$ 2.75 |

BREAKFAST A LA CARTE

| | |
|---|---------|
| Breakfast Combo | \$ 3.50 |
| Breakfast Sandwich ^{WG} | \$ 3.30 |
| Breakfast Burrito | \$ 3.25 |
| Bagel with Butter ^V | \$ 1.25 |
| Cream Cheese ^V | \$.60 |
| Hash Brown ^V | \$.75 |
| French Toast Sticks ^{WG/V} (5) | \$ 1.95 |
| Greek Yogurt ^V | \$ 1.75 |
| Fresh Fruit Cup ^V | \$ 1.95 |
| Cereal with Milk ^V | \$ 1.40 |

LUNCH A LA CARTE

| | |
|---|--------------------|
| Fresh Baked Cookie ^V | \$.55 or 2/\$1.00 |
| Bag of Chips ^V | \$ 1.25 |
| Hot Pretzel ^V | \$ 1.35 |
| Fresh Fruit ^V | \$ 1.25 |
| Vegetable of the Day ^V | \$ 1.15 |

Complete Lunch Includes:

1 Entrée

Choice of Side

Milk or Bottled Water

\$4.30

With Intense Milk

\$5.00

WG = Whole Grain

V = Vegetarian*

***Allows egg and milk**

▲ Alyssa's Better Choice Healthy Entrees