



ST. MARY'S HIGH SCHOOL

JANUARY 2018

Menu is subject to change.



Personal Touch Food Service

Chef Manager:

Ryan Covelli

Monday	Tuesday	Wednesday	Thursday	Friday
1 	2 TACO TUESDAY! HARD SHELL BEEF TACO Seasoned Corn ✓ Pineapple Cup ✓	3 ▶ STUFFED SHELLS IN RED SAUCE ✓ Side Salad ✓ Garlic Bread ✓	4 Build Your Own ▶ FAJITA Chicken or Beef Assorted Toppings Seasoned Rice ✓ Pears ✓	5 ▶ CHICKEN NUGGETS Tater Tots ✓ Applesauce ✓
8 ITALIAN SAUSAGE HOAGIE WITH PEPPERS & ONIONS Potato Chips ✓ Fresh Fruit Cup ✓	9 TACO TUESDAY! TACO IN A BAG Spicy Mexican Rice ✓ Refried Beans ✓	10 ▶ BAKED PENNE MARINARA ✓ Side Salad ✓ Dinner Roll ✓	11 Build Your Own ▶ CHICKEN SOUVLAKI SALAD Pita Bread ✓/WG Peaches ✓	12 BBQ PULLED PORK SANDWICH Coleslaw ✓ Baked Apples ✓
15  Martin Luther King, Jr. Day NO SCHOOL	16 TACO TUESDAY! ▶ TACO SALAD Cilantro Lime Rice ✓ Mexican Corn ✓	17 BUTTER & GARLIC TORTELLINI ✓ Caesar Salad Garlic Bread ✓	18 Build Your Own WAFFLE BAR Assorted Toppings Sausage Links Hash Brown Patty ✓	19 MACARONI & CHEESE ✓ Side Salad ✓ Roasted Vegetables ✓
22 ▶ SEASONED CHICKEN SANDWICH Herbed Roasted Potatoes ✓ Seasoned Peas ✓	23 TACO TUESDAY! SHREDDED PORK TACO Tortilla Chips & Salsa ✓/WG Seasoned Carrots ✓	24 CHICKEN ALFREDO Side Salad ✓ Roasted Cauliflower ✓	25 NO SCHOOL	26 NO SCHOOL
29 ▶ SWEET & SOUR CHICKEN OVER RICE Roasted Cauliflower ✓ Mandarin Oranges ✓	30 TACO TUESDAY! ▶ GRILLED CHICKEN TACO Seasoned Corn ✓ Tropical Fruit Cup ✓	31 ▶ CHEESE MANICOTTI IN RED SAUCE ✓ Side Salad ✓ Garlic Green Beans ✓		

SERVED DAILY:

Entrees	\$ 3.50
Salad - Large ✓	\$ 3.25
Salad - Small ✓	\$ 2.15
Fresh made Soup	\$ 1.30
Cold Sub, Wrap	\$ 3.50
Intense Milk ✓	\$ 1.75
Milk ½ pint	\$.80
Juice Cup ✓	\$.60
Bottle Water ✓	\$ 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 ✓	\$ 1.25
Cream Cheese ✓	\$.60
Hash Brown ✓	\$.75
French Toast Sticks WG/V (5)	\$ 1.95
Greek Yogurt ✓	\$ 1.75
Fresh Fruit Cup ✓	\$ 1.95
Cereal with Milk ✓	\$ 1.40

LUNCH A LA CARTE

Fresh Baked Cookie ✓	\$.55 or 2/\$1.00
Bag of Chips ✓	\$ 1.25
Hot Pretzel ✓	\$ 1.35
Fresh Fruit ✓	\$ 1.25
Vegetable of the Day ✓	\$ 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