



# St. Mary's High School

## September 2018

| Monday  | Tuesday  | Wednesday  | Thursday  | Friday  |
|---|--|--|---|---|
| 3<br>Labor Day  | 4<br>No School   | 5<br>Noon Dismissal<br>No Lunch Service  | 6<br>Burger Bar<br>Hamburgers, Veggie Burgers,<br>Assorted Toppings, Fresh Fruit,<br>Steak Fries            | 7<br>Cheesy Grilled Cheese with Tomato Soup, Potato Chips and Vegetable Medley                                    |
| 10<br>Popcorn Chicken<br>Tater Tots<br>Celery & Carrot Sticks                       | 11<br>Taco Tuesday<br>Taco in a Bag<br>Rice & Mexi-Corn                      | 12<br>Cheese Ravioli with Alfredo Sauce<br>Garden Salad<br>Roasted Vegetables            | 13<br>Baked Potato Bar<br>Cheese Sauce, Broccoli, Sour Cream, Bacon Bits<br>Fresh Fruit Cup, Peas           | 14<br>Macaroni & Cheese<br>Seasoned Green Beans<br>Dinner Roll  |
| 17<br>Chicken Caesar Wrap<br>Steak Fries<br>Fresh Fruit Cup                         | 18<br>Taco Tuesday!<br>Soft Shell Tacos<br>Spanish Rice<br>Nachos with Salsa | 19<br>Penne Pasta Marinara Bake<br>Summer Squash<br>Garlic Breadstick                    | 20<br>Chicken Souvlaki Bar<br>Romaine Lettuce, Grilled Chicken<br>Feta Cheese, Tzatziki Sauce<br>Pita Bread | 21<br>No School<br><br>Open House   |
| 24<br>Herb Roasted Chicken Breast<br>Mashed Potatoes with Gravy<br>Roasted Zucchini | 25<br>Walk-A-Thon  | 26<br>Taco Tuesday on Wednesday!<br>Taco Salad<br>Cilantro-Lime Rice<br>Black Bean Salsa | 27<br>Cheese Tortellini with Marinara<br>Garden Salad<br>Garlic Breadsticks                                 | 28<br>Sandwich Bar<br>Assorted Breads, Rolls and Wraps<br>Meats, Cheeses, Toppings,<br>Potato Chips & Fresh Fruit |
|   |  |  |   |   |

### SERVED DAILY:

|                      |        |
|----------------------|--------|
| Entrees              | \$3.50 |
| Salad – Large        | \$3.25 |
| Salad – Small        | \$2.15 |
| Soup                 | \$1.30 |
| Cold Sub or Wrap     | \$3.50 |
| Intense Milk         | \$1.75 |
| Milk                 | \$0.75 |
| Juice Cup            | \$0.60 |
| Bottle Water         | \$1.00 |
| Pizza, all varieties | \$2.75 |

### BREAKFAST A LA CARTE

|                         |        |
|-------------------------|--------|
| Breakfast Sandwich      | \$3.50 |
| Breakfast Burrito       | \$3.25 |
| Bagel with Butter       | \$1.25 |
| Cream Cheese            | \$0.60 |
| Hash Brown Patty        | \$0.75 |
| French Toast Sticks (5) | \$1.95 |
| Greek Yogurt            | \$1.75 |
| Fresh Fruit Cup         | \$1.95 |
| Cereal with Milk        | \$1.40 |
| Yogurt Parfait          | \$2.75 |

### LUNCH A LA CARTE

|                      |                    |
|----------------------|--------------------|
| Cookie               | \$0.55 or 2/\$1.00 |
| Nachos               | \$1.75             |
| 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