

CURRENTS

St. Mary's High School • Lancaster, NY • April 2016



Pi Day at St. Mary's High School *Students bring in pies for Lancaster Food Pantry*



St. Mary's High School celebrated Pi Day on Monday, March 14, by bringing pies in for charity. Sponsored by the St. Mary's Math Club, students were invited to bring in store-bought pies which were then donated to the Lancaster Food Pantry. The students donated over 400 pies for the local charity.

Pi Day is based around the well-known mathematical constant used to determine the size and area of circles. Pi Day is so called

because when written numerically, it follows the first three digits of the mathematical constant π , 3.14.

In the picture above, sophomores Ander Jankowski and Matthew Swiatek hand their pies to Math Club members freshman Ashley Cruz and sophomore Kyle Schaffstall.

Above right, volunteers from the Lancaster Food Pantry load the pies into their truck to transport them to the pantry.

Welcome, Mrs. Roberson

St. Mary's High School is pleased to welcome Mrs. Nicole Roberson to the Lancer Family.

Mrs. Roberson will be teaching English 11, a section of English 12, and AP English Language, while co-teaching SAT Prep. She is taking over for Mrs. Jenna Richardson who recently left for a position out of state.

Look for more information on Mrs. Roberson in a future *Currents*.

Regents review classes begin

With Regents Exams coming soon, teachers have started scheduling review classes.

The following is a list of review classes presently scheduled for the rest of the

school year.

Note that teachers may provide other review sessions or after school meetings with students – those may be added at teacher discretion from now until June.

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Global 10 <i>Mrs. Junik</i>	Algebra <i>Mr. Hall</i>	Earth Science <i>Mrs. Walk-Henshaw</i>	Earth Science <i>Mrs. Aures</i>	Check with teachers
	Geometry <i>Ms. Schaffstall</i>	Living Env. <i>Mr. Conner</i>	Living Env. <i>Mrs. Walk-Henshaw</i>	
	Algebra II/Trig <i>Mrs. Tytko</i>	Chemistry <i>Dr. Eurenus</i>	Chemistry <i>Mr. Derrico</i>	

Requests for transportation were due April 1

Parents of St. Mary's students must request transportation services directly from the public school district. The deadline for submitting written requests for transportation for the 2016-17 school year was April 1. Failure to submit a request by this deadline might lead to the suspension of bus privileges for those families.

Most school districts require families to apply for transportation on the district website, though some districts still have forms to fill out and submit.

Mrs. Fiume, who coordinates transportation for St. Mary's students, sent letters home in early March with more information.

Note – Students in the Buffalo and Lockport school districts do not need to apply for transportation.

Notes from the Health Office

It's not too early for Fall Sports

Students planning on playing a fall sport must have a purple physical form completed by your doctor and on file in the Health Office by August 1st.

Failure to comply will result in not being able to start practice with the rest of the team.

Now may be a good time to contact your doctor to schedule a physical (you

may find that making an appointment over the summer will not be easy).

Physical forms will be available in the Health Office, Main Office, Counseling Center, and on the St. Mary's website.

If you have any questions, please call Mrs. Murphy, the school nurse, at 683-4824, ext. 220, or contact her at bmurphy@smhlancers.org.

Please Spread the Word!

Family & Friends Fiesta
& Transfer Night

— An Event for Prospective St. Mary's Students —

Thursday, May 5th
4 to 7 p.m.

Spring Fling Tuition Thing coming May 14

St. Mary's High School will hold the *Spring Fling Tuition Thing* on Saturday, May 14, from 6 to 10 p.m. at the school.

The *Spring Fling Tuition Thing* will have two parts, one for families and one for everyone else:

- With a "Golden Ticket," families will be entered in a drawing for full tuition for the 2016-17 school year. In addition, participants will be eligible for several cash prizes. The cost for a Golden

Ticket will be \$100, with a limit of 300 available.

- With a regular Fling Ticket, purchasers could win cash prizes, similar to the Bash for Cash held in the fall. Regular tickets are \$50 each; there is no limit to the number of these tickets to be sold.

With each ticket sold – whether a Golden Ticket or Regular Ticket – two people will be admitted to the Fling on May 14.

At this event, in addition to the cash and tuition drawings, guests will be able to enjoy music and beverages while sampling food from local restaurants. Winners do not have to attend the May 14th event to win the prizes.

For more information or for tickets, contact the Advancement Office at (716) 683-4824, ext. 223 or Julie Wipperman at jwipperman@smhlancers.org.

Would you like to pre-order your Golden Tickets?

Name _____

Address _____

Phone Number _____ E-Mail Address _____

How Many Golden Tickets? _____ Any Special Number(s)? _____

Bring form and payment (\$100 per ticket, payable to St. Mary's High School) to Main Office

Currents

Published 12 times a year by
St. Mary's High School
142 Laverack Ave., Lancaster, NY 14086
(716) 683-4824 • www.smhlancers.org

Editor: Keith Kidder '89

Vol. 24, Issue 8

~ A Mission Moment ~

The mission of St. Mary's High School is the formation of the Christian leaders of tomorrow using a curriculum designed to challenge the intellect, and form the student's character by giving witness to the teachings of Jesus Christ. Each St. Mary's graduate is prepared with the background and skills to be a faithful disciple of Christ, a productive learner, an effective communicator, and a responsible citizen.

* * *

Recently, the St. Mary's Faculty & Staff were asked to consider the question, "Why St. Mary's?"

Here are two more answers.

"It provides a safe environment for students to figure out who they are and who they want to be, and gives them the tools to achieve their goals as they become adults." ~ Mr. Keith Junik (Social Studies Dept.)

"As a religion teacher, St. Mary's provides me with the opportunity to share my faith and the teachings of Christ with the students. There aren't many places where prayer is an integral part of the day and a visit to a chapel inside the building is possible." ~ Mrs. Cindy Powers (Religion Dept.)

Lancers save 138 lives!



Senior Alex Hokaj was just one of 54 students and staff who donated blood at the St. Mary's Blood Drive, held on March 17. The Blood Drive was sponsored by the St. Mary's Donate Life Club, working with personnel from UNYTS.

According to UNYTS, the school's donations will save 138 lives.

Thank you, Lancers!

Students/Teacher of the Month



Victoria Powell



Faith Meyers



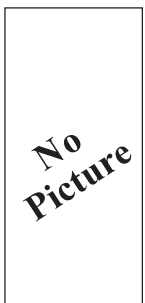
Benjamin Mazurowski



Jayden Zajac



Mr. Gary Schulenberg



Mr. George Morgan

Campus Ministry

"A-a-a-pril, Come She Will"

The words of Simon and Garfunkel recall for us the advent of spring, the beginning of baseball and softball, and the start of the final quarter of this school year. This April is unique because it celebrates the month of Easter. When Easter Sunday falls in March, which it did, the Church will celebrate the Resurrection for all of April and the first two Sundays in May. This season will end on May 15, Pentecost Sunday.

The Gospel of John guides us through this season of hope, renewal, and redemption. From the doubt of Thomas to the challenge to love, John reminds us that doubt is a part of faith, and love is a part of life. The Church, during April, encourages its believers by dedicating the month to the Sacrament of the Eucharist and the guiding strength and presence of the Holy Spirit.

The words of Jesus, "I will not leave you orphans," (John 14:18) remind His followers that He is always with us in Sacrament and Spirit. For every hurt in life there is healing in Him.

This April, this month of Easter, may you be showered with the Father's love, the Son's Eucharistic presence, and the Spirit's strength. Benedicat vos omnipotens Deus. twf+

* * *

Members of the St. Mary's community are invited to join us for the following masses in April:

- Thursday, April 7, 7:30 a.m. – Especially for Fathers & Daughters
- Friday, April 8, 1 p.m. – Easter
- Thursday, April 21, 7:30 a.m. – Especially for Mothers and Daughters

SMHS Bookstore

Here are some of the items available!

Head Band	Stocking Cap	Baseball Cap	Duffle Bag	Magnet
				
\$10	\$15	\$20	\$30	\$2

**Bookstore is open daily from 10 a.m. to 2 p.m.
For more information, call the school at 683-4824**

Fundraising WHILE YOU Shop®



St. Mary's SCRIP Program

Would you like to earn money off your tuition? Let me ask you a few simple questions:

- Do you eat at or order food from Olive Garden, Wendy's, Subway, Applebee's, Panera, Burger King, DQ, Pizza Hut, Denny's, Cold Stone, Crusciki Bakery, , etc.?
- Do you shop at Amazon.com, Kohl's, The Home Depot, JCPenney, Gap, Bath & Body Works, Best Buy, Dick's Sporting Goods, Cabela's, Jo-Ann Fabric & Craft Store, Tops, Walmart/Sam's Club, etc.?
- Do you go to Disney World or Disneyland?
- Do you fly Delta Airlines, Southwest Airlines, etc.?
- Do you stay at Comfort Suites, Comfort Inn, Fairmont Hotels, Clarion Hotels, Hyatt etc.?
- Do you go to see movies at Edwards Theatres, AMC Theatres, Regal Theatres, etc.?
- Do you get your car washed at Delta Sonic?
- Do you buy gas?

You can earn FREE money by purchasing giftcards to all of these places and many many more. It's money you would already be spending.

It's easy to sign up and start to order.

- Visit www.shopwithscrip.com.

- Click Register.
- Click Join a Scrip Program.
- Enter the school enrollment code: DEFL1BLF37466
- Enter your information in 5 easy steps.

HOW YOU EARN MONEY

If you click on retail list under Quick links at the very bottom, you will see a complete list of retailers/ restaurants with a percentage after each listing. That percentage is what the rebate is based on. For instance Kohl's is 4%. If you purchased a Kohl's gift card for \$100, the rebate is \$4. What you earn for purchasing that gift card is \$2. The "rebate split" is 50/50 – 50 percent goes to you, 50 percent goes to St. Mary's.

All rebates will now be applied to the 2016-17 school year. Anyone with a graduating senior, you will receive a check (you can continue to utilize the Scrip Program after your child graduates and continue to receive a check).

More information is available by contacting Carol Winiarski at cwiniarski@smhlancers.org or 572-3698

Counseling Corner

Sarah Neudeck (sneudeck@smhlancers.org) • 683-2349 • Jamie Whitwood (jwhitwood@smhlancers.org)

College Planning Timeline for Juniors

Anytime

- Explore colleges through college websites, Guidance Direct, and College Board website

April

- April 9: ACT
- Register for May SAT @ www.collegeboard.org [Deadline April 8]
- Go to college open houses!

May

- May 7: SAT
- Register for June SAT [Deadline May 5]
- Register for June ACT [Deadline May 6]
- Write a draft college essay with help from counselors
- Register with the NCAA Eligibility Center @ www.eligibilitycenter.org if you are planning to play a Division I or Division II sport in college
- Go to college open houses or plan college visits!
- Look for summer jobs, summer college programs, or volunteer opportunities!

June

- June 4: SAT
- June 11: ACT

Summer Break

- Visit the colleges on your list! This is HUGE! Get the real feel.
- Narrow down your choices
- Revise your college essay
- Put together a resume of your activities (Use Guidance Direct!)
- Think about which two teachers you will ask for letters of recommendation

Questions or concerns?

Mrs. Whitwood – jwhitwood@smhlancers.org

Mrs. Neudeck – sneudeck@smhlancers.org

Counseling Center – [716] 683-2349

Strong work ethic leads to success

In today's highly-competitive workplace, it's not enough for your teen to possess the specific skills a job requires. She also needs to have a strong work ethic.

In one recent survey, 75% of business owners said they were concerned about the lack of work ethic in their new hires. Employers are often forced to let people go because of their:

- Tardiness and absenteeism.
- Failure to follow instructions.
- Inability to get along with coworkers.

With a strong work ethic, your teen will be able to avoid these pitfalls. A good work ethic consists of:

- Dependability. A company needs to know that your teen will show up when she is scheduled to and that she will do her work. Your teen practices dependability when she shows up for school and her classes on time.
- Initiative. An employer will expect your teen to be able to work on her own, follow directions, and keep herself motivated. Your teen displays initiative when she completes her work without being nagged by you or her teacher.
- Interpersonal skills. A company needs its employees to know how to communicate effectively and work on a team. Your teen works on interpersonal skills every time she participates in a group project.

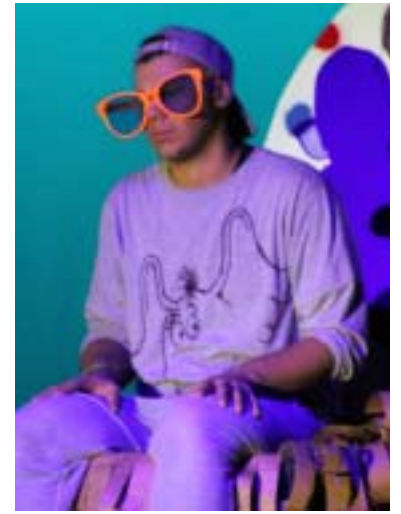
Remind your teen that she has the opportunity to strengthen her work ethic every day in school!

Reprinted with permission from the April 2016 issue of Parents Still make the difference!® (High School Edition) newsletter. Copyright © 2016 The Parent Institute®, a division of NIS, Inc. Source: M. Toneguzzi, "Survey shows work ethic of new hires has deteriorated for small business owners," Calgary Herald, niswc.com/high_ethic.

**EARN FREE SUPPLIES
at OFFICE DEPOT**

Every time you give our School ID number when buying qualifying school supplies,
St. Mary's receives credits equal to 5% of the qualifying purchases to use for Free Supplies!
The School ID for St. Mary's High School is 70073221

"Oh the Things You Can



Think" – Seussical 2016



NHS collecting for SPCA

The Marian Chapter of the National Honor Society will be participating in a service project for the S.P.C.A.

The collection drive will be held during the week of April 4-8. The NHS members will be collecting items donated by the student body during homeroom.

Members of the NHS will personally deliver the collected items to the S.P.C.A. on Ensminger Road in Tonawanda.

The items requested by the SPCA are:

- Cat Food

- Fancy Feast Appetizers
- Purely Fancy Feast Natural

White Meat Chicken Entree in a Delicate Broth (used for critical care cats and dogs)

– Friskies canned cat food (any flavor with gravy and sauce preferred)

- Pooper-Scoopers....long-handled, please!
- Paper towels
- Washcloths
- Newspaper
- Blankets (no comforters, electric blankets, knitted or crocheted pieces, sheets, or rugs, please)
- Hand and bath towels
- Pillowcases

- Small fleece cat beds
- Dog biscuits (small or medium size)
- Plastic pet carriers (medium size)
- Stuffed animals (6" or larger)
- Baby receiving blankets
- 8.5" x 11" copy paper (white and colored)
- Feliway Spray
- Dog collars of any size
- Ceramic food and water bowls
- Washable interactive cat toys (wands, feathers)
- Durable dog toys

Please consider donating to this worthy cause.

Service Project at the Towers

The St. Mary's off-campus service project for March was a visit to the Towers in Lancaster, an apartment complex for senior citizens.

Under the direction of Mrs. Battaglia and Mrs. Powers, students spent a few hours with the residents, engaging in several activities including playing Bingo.



Nick Samson calls out the numbers.



Julia Soluri visits with a resident between games.

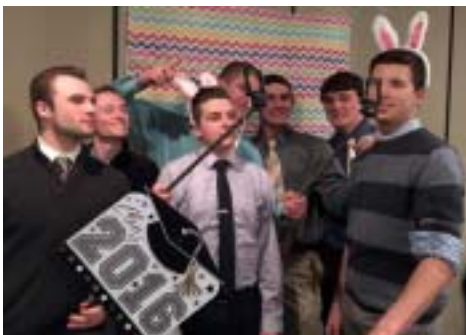


Kristi Smith helps a resident play.

Senior Night Out

The members of the Senior Class of 2016 recently gathered at Bobby Jay's Restaurant in Cheektowaga to celebrate their upcoming graduation.

The night's activities included the announcing of Senior Poll winners, the distribution of a Senior Memory Book, and, of course, lots of pictures.



Mark Dantonio named new Hockey coach

The St. Mary's is pleased to announce that Mark Dantonio has been named the new Hockey Coach at the school.

Mr. Dantonio, who played collegiate hockey, has a vast amount of coaching experience, including on the 15u, 16u, 18u, AAA Prep, and Junior Prep levels. Most recently, he was a coach at St. Francis High School for the last six years.

"I am honored and excited to be a part of the great growth happening at St. Mary's High School," Coach Dantonio said. "I feel good about knowing that any young man who is interested in playing hockey at a high level will have a wonderful opportunity to secure a first-class college-preparatory education."

"We are happy that Mr. Dantonio will

be joining the Lancer hockey program," said St. Mary's Athletic Director Steven Grieco. "His enthusiasm and love for the game of hockey are sure to ignite the student body and the players to help our program grow."

More information on the hockey program is available by contacting Coach Dantonio at (716) 440-4975.

2015-16 Spring Sports Schedules

Varsity Baseball

All games begin at 4:15pm unless noted

Wed, April 6 vs. Albion
 Sat, April 9, 11 am @ Ken West
 Wed, April 13, 4:30pm vs. Nichols
 Fri, April 15, 4:30pm @ Nichols
 Sat, April 16, 12noon vs. Roy-Hart
 Mon, April 18 vs. Canisius
 Wed, April 20 @ Canisius
 Fri, April 22 @ St. Francis
 Mon, April 25 vs. St. Francis
 Mon, May 2 vs. Timon
 Wed, May 4 @ Timon
 Fri, May 6 vs. O'Hara
 Mon, May 9 @ O'Hara
 Wed, May 11 vs. St. Joe's
 Fri, May 13, 4:30pm @ St. Joe's
 Thurs, May 19, 4:30pm – Quarterfinals
 Sat, May 21, 1pm – Semifinals Game 1
 Sun, May 22, 1pm – Semifinals Game 2
 Mon, May 23, 4:30pm – Semifinals Game 3 (if necessary)
 Thur, May 26, 4pm – Finals Game 1 (Coca-Cola Field)
 Fri, May 27, 4pm – Finals Game 2 (Coca-Cola Field)
 Sat, May 28, 4pm – Finals Game 3 (if necessary) (Coca-Cola Field)

JV Softball

All games begin at 4:15pm unless noted. Home games are played at Walden Pond.

Wed, April 13 vs. Nardin
 Wed, May 20 vs. Mt. St. Mary's
 Mon, April 25 @ Nardin (Lincoln Park)
 Fri, April 29 vs. Sacred Heart
 Mon, May 2 @ Christian Central
 Wed, May 4 vs. Immaculata
 Fri, May 6 @ Sacred Heart (Shoshone)
 Fri, May 9 vs. Christian Central
 Wed, May 11 @ Immaculata (Hilbert)
 Fri, May 13 @ Mt. St. Mary's (Northtown)

Varsity Softball

All games begin at 4:15pm unless noted. Home games are played at Walden Pond.

Thur, April 7, 4:45pm @ Will North
 Mon, April 11, 4:30pm vs. Eden
 Wed, April 13 vs. Nardin
 Mon, April 18 vs. O'Hara
 Tues, April 19, vs. Sacred Heart
 Wed, April 20 vs. Mt. St. Mary's
 Wed, April 27 @ Mt. Mercy (Cazenovia Park)
 Fri, April 29 vs. Niagara Catholic
 Sat, April 30 – Wildcat Tourney (Walden Pond)
 Fri, May 6 @ Sacred Heart (Shoshone)
 Tues, May 10, 4:30pm @ Eden
 Wed, May 11 @ Immaculata (Hilbert)
 Fri, May 13 vs. Nichols
 Sat, May 21 – Quarterfinals
 Mon, May 23 – Semifinals
 Wed, May 25 – Finals
 Tuesday, May 31 – States

Track

Boys – Wed, April 6, 5pm vs. St. Francis / O'Hara (St. Francis)
 Boys – Wed, April 13, 5:30pm vs. St. Joe's (Crosby)
 Girls – Mon, April 18, 5:30pm vs. Immaculata / Mt. St. Mary's (St. Francis)
 Boys – Wed, April 20, TBD vs. Timon / O'Hara (TBD)
 Girls – Wed, April 27, 5:30pm vs. Nardin / Nichols (Maryvale)
 Boys – Wed, May 4, 4:30pm vs. Canisius / Timon (Canisius)
 Girls – Wed, May 4, TBD vs. Sacred Heart / Mt. Mercy (TBD)
 Boys & Girls – Wed, May 11, TBD vs. O'Hara (TBD)
 Boys & Girls – Mon, May 16, 5pm – All-Catholics (St. Francis)
 Boys & Girls – Tue, May 17, 5pm – All-Catholics (St. Francis)
 Boys & Girls – Sat, May 28, 9am – CHSAA Qualifier (Icahn Stadium, NYC)

Girls' Lacrosse

All games begin at 4:15pm. Home games are played at Westwood Park

Fri, April 8 @ Buff Sem (Larkin Field)
 Sat, April 9 @ Villa (Pa.)
 Tue, April 12, 7pm @ Sweet Home
 Wed, April 13 @ Immaculata (Hilbert)
 Thur, April 14, 4:30pm vs. Niagara Falls
 Mon, April 18 vs. Mt. Mercy
 Tue, April 19, 4:30pm vs. Villa (Pa.)
 Wed, April 20 vs. Nardin
 Fri, April 22 vs. Mount St. Mary's
 Mon, April 25, 5pm @ Niagara Falls
 Wed, April 27 vs. Immaculata
 Thur, April 28, 4:30pm @ Sacred Heart
 Mon, May 2 @ Mt. Mercy (Pierce Field)
 Tue, May 3, 4:30pm @ Springville
 Wed, May 4 @ Mount St. Mary's (Phillip Sheridan)
 Tue, May 10 @ Nardin (Pierce Field)
 Mon, May 16 vs. Sacred Heart
 Wed, May 18 @ Buff Seminary (Larkin Field)
 Tues, May 24 – Semifinals
 Thur, May 26 – Finals

JV Baseball

All games begin at 4:15pm unless noted.

Thurs, April 14 vs. Timon
 Fri., April 15, 4:30pm @ St. Joe's Maroon
 Wed, April 20 @ Canisius Blue
 Fri, April 22 @ St. Francis White
 Mon, April 25 @ Timon
 Tues, April 26 vs. St. Francis Red
 Wed, April 27 @ St. Francis Red
 Wed, May 4 vs. Canisius Gold
 Thur, May 5 vs. St. Joe's Maroon
 Fri, May 6, 4:30pm @ St. Joe's White
 Mon, May 9 @ Niag Catholic
 Tues, May 10 @ Canisius Gold
 Fri, May 13, vs. St. Francis White
 Tues, May 17 vs. O'Hara
 Wed, May 18 vs St. Joe's White
 Fri, May 20 vs. Canisius Blue
 Mon, May 23 @ O'Hara
 Tues, May 24 vs. Niag Catholic

Tennis

All games begin at 4:15pm unless noted. Home matches are played at Como Park

Thur, April 7 @ Mt. Mercy
 Tue, April 12 @ Niagara Catholic
 Thur, April 14 vs. Sacred Heart
 Tue, April 19 vs. Park
 Thur, April 21 @ Mt. St. Mary's
 Mon, April 25 vs. Mt. Mercy
 Fri, April 29 @ Buffalo Seminary
 Tue, May 3 vs. Nardin
 Thur, May 5 vs. Niagara Catholic
 Tue, May 10 @ Park
 May 14 & 15 – All-Catholics (time and location TBD)

24th Annual
**Chris Griswold Memorial
 5K Race & 1 Mile Fun Run**
to benefit the St. Mary's High School Athletic Dept.

Saturday, May 21 • Como Park
10am - Walk/Fun Run • 10:30am - 5K Race

To sign up, go to smhlancers.org



April 2016 Menus

Chef Manager – Tristan Hall

(Please note – menus are subject to change)



Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday
	4	5	6	7	8
	Breakfast Sandwich <i>Fruit Cup (v)</i> Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	Sausage & Egg Bagel <i>Hash Brown Patty (v)</i> Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	Breakfast Flatbread (wg) <i>Fruit Yogurt (v)</i> Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	Ham & Egg on Brioche <i>Fresh Fruit (v)</i> Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	French Toast Sticks with Syrup (v/wg) <i>Hash Brown Patty (v)</i> Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)
	11	12	13	14	15
	Sausage & Egg Biscuit <i>Fresh Fruit (v)</i> Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	Breakfast Burrito <i>Tater Tots (v)</i> Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	Breakfast Pizza <i>Fresh Fruit (v)</i> Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	Breakfast Sandwich (v/wg) <i>Fruit Yogurt (v)</i> Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	French Toast Sticks with Syrup (v/wg) <i>Hash Brown Patty (v)</i> Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)
18	19	20	21	22	
No School for Students	Sausage, Egg & Cheese Muffin <i>Homefries (v)</i> Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	Breakfast Sandwich <i>Fresh Fruit (v)</i> Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	Bacon & Egg Biscuit <i>Fresh Fruit (v)</i> Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	French Toast Sticks with Syrup (v/wg) <i>Tater Tots (v)</i> Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	
25	26	27	28	29	
Ham & Egg on Brioche <i>Fresh Fruit (v)</i> Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	Breakfast Pizza <i>Fresh Fruit (v)</i> Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	Sausage & Egg Biscuit <i>Fruit Yogurt (v)</i> Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	Breakfast Burrito <i>Tater Tots (v)</i> Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	French Toast Sticks with Syrup (v/wg) <i>Homefries (v)</i> Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	

Complete Meal Includes:
1 Entree,
Choice of Side (*blue italic*),
milk or bottled water ...\$4.00
1 Entree,
Choice of Side (*blue italic*),
Intense Milk or
Vitamin Water\$5.00

Served Daily:
Entrees\$3.25
Salad – Large (v)\$3.00
Salad – Small (v)\$2.00
Fresh Made Soup\$1.25
Cold Sub, Wrap\$3.25
Intense Milk\$1.50
Milk 1/2 pint\$0.75
Orange Juice\$1.50
Vitamin Water\$1.75
Pizza, all varieties\$2.50

Breakfast a la Carte:
Breakfast Sandwich\$3.25
Bagel; 4 oz. with Butter ...\$1.20
Cream Cheese\$0.60
Hash Brown Patty\$0.50
French Toast Sticks (5) ...\$1.85
Greek Yogurt\$1.60
Fresh Fruit Cup\$1.75

Lunch	Monday	Tuesday	Wednesday	Thursday	Friday
	4	5	6	7	8
	Spicy Chicken Fingers <i>Macaroni & Cheese (v)</i> <i>Fruit Yogurt (v)</i>	Taco in a Bag of Doritos <i>Fiesta Rice (v)</i> <i>Roasted Corn (v)</i>	*Beef Goulash <i>Italian Blend</i> <i>Vegetables (v)</i> <i>Garden Salad (v)</i>	Chicken Finger Sub on roll (wg) <i>Steak Fries (v)</i> <i>Fruit Yogurt (v)</i>	*Fish Sandwich on a Bun with Tartar Sauce <i>Steak Fries (v)</i> <i>Fruit Cup (v)</i>
	11	12	13	14	15
	Pulled Pork Sandwich on roll (wg) with Coleslaw <i>Bakes Beans (v)</i> <i>Potato Salad (v)</i>	*Taco Salad with Chipotle Ranch Dressing <i>Tortilla Chips with</i> <i>Salsa (v/wg)</i> <i>Roasted Vegetables (v)</i>	Penne Pasta Bolognese or Marinara <i>Breadstick (v)</i> <i>Vegetable Medley (v)</i>	Philly Cheesesteak on roll (wg) <i>Tater Tots (v)</i> <i>Fruit Yogurt (v)</i>	3-Cheese Mac & Cheese (v) <i>Fruit Cup (v)</i> <i>Seasoned Vegetables (v)</i>
18	19	20	21	22	
No School for Students	Taco Tuesday – Beef or *Chicken Tacos <i>Mexican Rice (v)</i> <i>Garden Salad (v)</i>	Pork Chop with Applesauce <i>Seasoned Green</i> <i>Beans (v)</i> <i>Rice Pilaf (v)</i>	*Herb Roasted Chicken <i>Garlic Mashed</i> <i>Potatoes (v)</i> <i>Roasted Broccoli (v)</i>	*Lemon Broiled Tilapia <i>Wild Rice (v)</i> <i>Vegetables Medley (v)</i>	
25	26	27	28	29	
Penne Chicken with Alfredo or *Marinara Sauce <i>Buttered Noodles (v)</i> <i>Garden Salad (v)</i>	Fiesta Dinner <i>Spanish Rice (v)</i> <i>Seasoned Corn (v)</i>	Bacon Cheeseburger on roll (wg) <i>Steam Fries (v)</i> <i>Fruit Cup (v)</i>	Sahlen's Hot Dog on Bun (wg) <i>Roasted Vegetables (v)</i>	*BBQ Chicken <i>Mashed Potatoes (v)</i> <i>Green Beans (v)</i>	

Lunch a la Carte:
Fresh Baked Cookie\$0.55
2 for \$1.00
Nachos\$1.75
Bag of Chips\$1.25

Symbols:
(v) = vegetarian
(wg) = whole grain
* = Better Choice Healthy
Entrees (choosemyplate.gov)

Prepayment:
Go to
myschoolbucks.com, create an
account, and make payment.
Students can also prepay in the
lunch line with cash or check
(made payable to **Personal**
Touch Food Service, with the
student ID number on it).

Many A la Carte Items also available after school!

What if ...up to 26% of each purchase you made went to your favorite worthy cause?

Shopping at hundreds of online stores helps St. Mary's High School with each purchase!

It's all free & private. Join today and change online shopping for good. Go to igive.com for more information.

April 2016 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Spring Break Offices Open 8am-12noon No School	2
3 NHS Drive for SPCA	4 - E Day Student Senate 2:30pm Campus Ministry (Calendar) 2:30pm VarSB @ Hamburg	5 - F Day Curriculum Committee 2:30pm SADD Meeting 7:30am Senate Officer Forms Due 2:30pm	6 - A Day VarBB vs. Albion BTrack vs. St. Francis / O'Hara	7 - B Day Morning Mass 7:30am NHS Tutoring 2:30pm Lancaster Youth Bureau Trivia Night 7pm Tennis @ Mt. Mercy VarSB @ Will North	8 - C Day Ext HR / PM Liturgy Schedule (Senate Officer Speeches / Easter Liturgy) End of Third Quarter Movie Night Sponsored by Student Senate 7- 10pm GLax @ Buff Sem Liturgy Dress Code	9 ACT Testing Date VarBB @ Kenmore West GLax @ Villa (Pa.)
10	11- D Day Student Senate 2:30pm Senate Officer Elections in Homeroom VarSB vs. Eden	12 - E Day NHS Meeting 2:30pm GLax @ Sweet Home Tennis @ Niagara Catholic	13 - F Day Principal's Ad Board (Calendar Meeting) 2:30pm VarBB vs. Nichols VarSB vs. Nardin JVSB vs. Nardin BTrack vs. St. Joe's GLax @ Immaculata	14 - A Day NHS Tutoring 2:30pm Math Club 2:30pm JVBB vs. Timon GLax vs. Niagara Falls Tennis vs. Sacred Heart	15- B Day Pride Day Class Officer Forms Due 2:30pm VarBB @ Nichols JVBB @ St. Joe's Maroon Pride Day	16 AP Government Field Trip to Washington, D.C. Departs VarBB vs. Roy-Hart
17	18 No School for Students Professional Development Day AP Government Field Trip Returns VarBB vs. Canisius VarSB vs. O'Hara GLax vs. Mt. Mercy GTrack vs. Immaculata / Mt. St. Mary's No School for Students	19 - C Day Special Schedule (Class Officer Speeches / Stop Subtweeting Presentation) SOUL Meeting 2:30pm BLax @ Newfane Tennis vs. Park VarSB vs. Sacred Heart GLax vs. Villa (Pa.)	20 - D Day Class Officer Elections in Homeroom Faculty/Staff Meeting 2:30pm VarBB @ Canisius JVBB @ Canisius Blue VarSB vs. Mt. St. Mary's JVSB vs. Mt. St. Mary's GLax vs. Nardin BTrack vs. Timon / O'Hara	21 - E Day Morning Mass 7:30am Campus Ministry 2:30pm NHS Tutoring 2:30pm Java Jive Rehearsal 2:30pm Fashion Show 5pm Tennis @ Mt. St. Mary's	22 - F Day Jeans Day Homeroom Rep Forms Due 2:30pm Sophomore Ring Preview during Lunches Java Jive 7pm VarBB @ St. Francis JVBB @ St. Francis White GLax vs. Mt. St. Mary's Jeans Day	23
24	25 - A Day Homeroom Rep Elections in Homeroom Student Senate 2:30pm VarBB vs. St. Francis JVBB @ Timon JVSB @ Nardin GLax @ Niagara Falls Tennis vs. Mt. Mercy	26 - B Day Ring Orders during Lunches & 6:30pm JVBB vs. St. Francis Red	27 - C Day VarSB @ Mt. Mercy GLax vs. Immaculata GTrack vs. Nardin / Nichols JVBB @ St. Francis Red	28 - D Day NHS Tutoring 2:30pm Fine Arts Night - Gallery 6pm - Performance 7pm GLax @ Sacred Heart	29 - E Day VarSB @ Niagara Catholic JVSB vs. Sacred Heart Tennis @ Buff Sem	30 VarSB - Wildcat Tourney

For the latest news, go to www.smhlancers.org and follow us on



St. Mary's High School's

Cancer Parent Partnership

presents the

Annual Spring

Fashion Show & Dinner



Thursday, April 21, 2016

Sabatore's Italian Gardens • Doors Open at 5 p.m.

Tickets \$45 • Tables of 10 Available

For more information, contact St. Mary's at 683-4824.

Deadline to Purchase Tickets - April 11



ST. MARY'S HIGH SCHOOL
142 LAVERACK AVENUE
LANCASTER, NY 14086-1849

Preparing young men and women for college and beyond