



St. Mary's High School

May 2017



Personal Touch Food Service

Chef Manager:

Bradley O'Hara

Menu is subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Sandwich on Costanzo Roll Pasta Salad V Cajun Vegetable V	2 Twin Tacos Beef or Chicken Spicy Rice and Corn Blend V/WG Side Salad V	3 Roasted Turkey Mashed Potatoes V Stuffing	4 Sahlens Hot Dog on Whole Grain Roll WG Potato Chips V Roasted Broccoli V	5 Beef Goulash Garlic Cheese Bread V Garden Salad V
8 Pulled Pork Sandwich w/Coleslaw Baked Beans V Marinated Vegetables V	9 Chicken & Cheese Quesadillas w/Black Bean Salsa Brown Rice V/WG Seasoned Corn V	10 Creamy Chicken Alfredo Garden Salad V Roasted Vegetables V	11 Cheesy Grilled Cheese w/Tomato Soup V Potato Chips V Vegetable Medley V	12 Chicken Finger Sub WG French Fries V Side Salad V
15 Breakfast Platter Waffle, French toast V/WG Sausage, Bacon Tater Tots V	16 Taco in a Bag Beef or Chicken Refried Beans V Steamed Rice V/WG	17 Penne Pasta Bolognese or Marinara V Breadstick V Vegetable Medley V	18 Orange Chicken w/Noodles or Steamed Rice WG Stir-Fried Veggies V	19 No School Administrative Day
22 Steak Sub on Costanzo's Roll French Fries V Fruit Cup V	23 Fiesta Dinner w/Whole Grain Tortilla Chips WG Mexican Rice V/WG	24 4 Cheese Baked Penne Pasta V Garden Salad V Breadstick V	25 Herb Roasted Chicken Cornbread Stuffing Seasoned Green Beans V	26 Bacon Cheeseburger Steak Fries V Fruit Cup V
29 	30 Taco Salad WG Spanish Rice V/WG Roasted Corn V	31 Chicken Souvlaki Flatbread WG w/Tzatziki Veggies w/Hummus V Fruit Cup V		

Served Daily:
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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.....	\$ 1.75
Milk 1/2 pint.....	\$.75
Juice Cup.....	\$.60
Bottle Water.....	\$ 1.00
Pizza, all varieties.....	\$ 2.60

Breakfast A la Carte

Breakfast Sandwich.....	\$ 3.30
Bagel; 4 oz. with Butter.....	\$ 1.25
Cream Cheese.....	\$.60
Hash Brown Patty.....	\$.75
French Toast Sticks (5).....	\$ 1.95
Greek Yogurt.....	\$ 1.75
Fresh Fruit Cup.....	\$ 1.75
Cereal W/ Milk.....	\$ 1.40

Lunch A la Carte

Fresh Baked Cookie.....	\$.55 or 2/\$1.00
Nachos.....	\$ 1.75
Bag of Chips.....	\$ 1.25
Hot Pretzel.....	\$ 1.25
Fresh Fruit.....	\$.85
Vegetable of the Day.....	\$ 1.15

Complete Lunch Includes:

1 Entrée

Choice of Side

Milk or Bottled Water

\$4.25

With Intense Milk

\$5.25

WG = Whole Grain

V = Vegetarian (lacto-ovo)