



ST. MARY'S HIGH SCHOOL

March 2018



Menu is subject to change.



Personal Touch Food Service

Chef Manager:

Ryan Covelli

Monday	Tuesday	Wednesday	Thursday	Friday
<p>March is National Nutrition Month® ▲ Alyssa's Better Choice Healthy Entrees WG – Whole Grain Option V – Vegetarian* Option *Allows milk & egg products</p> 			<p>Build Your Own CHICKEN SOUVLAKI SALAD Assorted Toppings Pita Bread V/WG Greek Roasted Red Potatoes V</p>	<p>GRILLED CHEESE SANDWICH V Tomato Soup V Broccoli Salad V</p>
<p>MARINATED CHICKEN SANDWICH or HARVEST CHICKEN SALAD Side Salad V Chocolate Banana Smoothie V</p>	<p>TACO TUESDAY! CHICKEN BURRITO or BLACK BEAN BURRITO V Cajun Corn Salad V Fiesta Rice V</p>	<p>GARLIC PARMESAN PENNE PASTA V or STRAWBERRY CHICKEN SALAD Caesar Salad Dijon Oven Roasted Veggies V</p>	<p>Build Your Own WAFFLE BAR Assorted Toppings Hash Brown Patty V Breakfast Sausage Links</p>	<p>NO SCHOOL</p>
<p>CHICKEN CAESAR FLATBREAD WG Garlic Roasted Potato Wedges V Tomato & Cucumber Salad V</p>	<p>TACO TUESDAY! MEXICAN FIESTA RICE BOWL with CHICKEN Seasoned Rice V Mexican Style Corn V</p>	<p>Pi (3.14) Day! CHICKEN POT "PI" Side Salad V Lemon & Garlic Green Beans V</p>	<p>St. Patrick's Day Lunch! CORNED BEEF & CABBAGE  Boiled Red Potatoes V Buttered Carrots V</p>	<p>CHEESE or POTATO PIEROGI V or CHEESE/VEGGIE PIZZA V Macaroni Salad V Coleslaw V</p>
<p>GRILLED LEMON PEPPER CHICKEN Roasted Zucchini V Seasoned Brown Rice V/WG</p>	<p>National Ravioli Day! CHEESE RAVIOLI MARINARA V Side Salad V Balsamic Green Beans & Peppers V</p>	<p>National Crunchy Taco Day! HARD SHELL BEEF TACO Mexican Rice V Buttered Corn V</p>	<p>Build Your Own NACHOS BAR Assorted Toppings Refried Beans V Strawberry Orange Smoothies V</p>	<p>MACARONI & CHEESE V Side Salad V Garlic Roasted Broccoli Florets V</p>
<p>NO SCHOOL Easter Recess</p>	<p>NO SCHOOL Easter Recess</p>	<p>NO SCHOOL Easter Recess</p>	<p>NO SCHOOL Easter Recess</p>	<p>NO SCHOOL Easter Recess</p>

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
Milk ½ pint.....	\$.75
Juice Cup.....	\$.60
Bottle Water.....	\$ 1.00
Pizza, all varieties.....	\$ 2.75

BREAKFAST A LA CARTE

Breakfast Combo.....	\$ 3.50
Breakfast Sandwich.....	\$ 3.30
Breakfast Burrito.....	\$ 3.25
Bagel with Butter.....	\$ 1.25
Cream Cheese.....	\$.60
Hash Brown Sticks.....	\$ 1.15
French Toast Sticks (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
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
 (Hot Entrée, Pizza Slice,
 Sub or Wrap)
 Choice of Side
 Milk or Bottled Water
\$4.30