



# ST. MARY'S HIGH SCHOOL

## SEPTEMBER 2019



Personal Touch Food Service  
 Chef Manager:

Menu is subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
2 HAPPY LABOR DAY	3 FACULTY STAFF ONLY	4 FIRST DAY OF SCHOOL EARLY DISMISSAL	5 CHICKEN PATTY POTATO CHIPS MIXED VEG FRUIT CUP	6 MEATBALL SUB GARDEN SALAD FRUIT CUP
9 Chicken a la Orange Over Rice Oriental vegetables Fruit cup	10 TACO TUESDAY Soft Shell Tacos Nacho Chips / salsa Or cheese sauce Churro	11 Baked Macaroni & cheese Dinner roll Seasoned Carrots Fruit cup	12 BREAKFAST FOR LUNCH French Toast Sticks Sausage Patty Applesauce Fruit cup	13 Toasted Cheese Sandwich Tomato Soup Chips Fruit cup
16 Chicken fajita Mexican rice Seasoned Corn Fruit cup	17 Hot Turkey sandwich Mashed Potato & Gravy Green Beans Apple Crisp	18 Nacho grande Seasoned corn Fruit cup	19 Chicken Finger Sub Wild rice Garden Peas Fruit cup	20 NO SCHOOL
23 Steak Hoagy Tomato Cucumber Salad Fruit cup	24 Italian Dippers Garden Salad Fruit cup	25 Chicken Souvlaki Roasted Potato Steamed vegetables Brownie	26 Bacon cheeseburger Tator Tots Fruit cup	27 PASTA BAR Assorted Pasta Marinara Sauce, Meatballs Alfredo Sauce Garden Salad Warm Breadstick Cookie
30 Marinated chicken on bun Au Gratin Potatoes Steamed Broccoli Fruit cup				

**SERVED DAILY:**

Entrees.....	\$ 3.75
Salad - Large V.....	\$ 3.50
Salad - Small V.....	\$ 2.25
Fresh made Soup.....	\$ 1.75
Deli Sandwich or Wrap.....	\$ 3.75
Milk 1/2 pint.....	\$ .90
Bottle Water.....	\$ 1.25
Pizza Slices.....	\$ 2.75
Specialty Pizza Slice.....	\$ 3.00

**BREAKFAST A LA CARTE**

Breakfast Sandwich.....	\$ 3.30
Breakfast Burrito.....	\$ 3.25
Bagel with Butter.....	\$ 1.25
Cream Cheese.....	\$ .60
Hash Brown Patty.....	\$ .75
French Toast Sticks (5).....	\$ 1.95
Greek Yogurt.....	\$ 1.75
Fresh Fruit Cup.....	\$ 1.95
Cereal with Milk.....	\$ 1.90
Yogurt Parfait.....	\$ 3.00

**LUNCH A LA CARTE**

Fresh Baked Cookies.....	\$ .60
Nachos.....	\$ 1.75
Bag of Chips.....	\$ 1.25
Hot Pretzel.....	\$ 1.50
Fresh Fruit.....	\$ 1.25
Vegetable of the Day.....	\$ 1.25

**Lunch Combo Includes:**

1 Entrée or 1 Slice of Pizza

Choice of Side

1/2 Pint Milk or Bottled Water

\$4.50

WG = Whole Grain

V = Vegetarian\*

\* Allows egg and milk