



# ST. MARY'S HIGH SCHOOL


## OCTOBER 2019



Personal Touch Food Service

Chef Manager:

Menu is subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken Parm on bun Green Salad Fruit cup	2 Assorted Pizza Seasoned green beans Fruit cup	3 Hot Roast Beef on Keiser Roll Mashed Potato & gravy Roasted carrots & parsnips Fruit cup	4 Baked goulash Warm Breadstick Garden Salad Fruit cup
7 Turkey club wrap Pasta Salad Fruit cup	8 Mexican Taco Red Beans & rice Fruit cup	9 Baked cheese ravioli Warm Garlic Bread Seasoned Vegetables Fruit cup	10 Chicken Nuggets Veggie sticks Fruit cup	11 <b>NO SCHOOL FALL BREAK</b>
<b>NO SCHOOL COLUMBUS DAY</b>	15 Baked stuffed shells Cesare salad Breadstick Fruit cup	16 <b>EARLY RELEASE NO LUNCH SERVED</b>	17 Hamburger on bun Tator Tots Fruit cup	18 <b>BAKED POTATO BAR</b> White or Sweet Potato Assorted toppings Fruit cup
21 Herb Chicken on bun Wild rice Mixed Vegetables Fruit cup	22 Turkey & Provolone on Flatbread Homemade Potato & Leek Soup Fruit cup	23 <b>"OCTOBERFEST"</b> Sausage on bun Pierogi Warm pretzel / cheese	24 Sloppy Joe on bun Chips Fruit cup	25 Chicken Cesar wrap Garden Salad Sunshine Bar
28 Pulled BBQ Chicken on Bun Creamy Cole Slaw Fruit cup	29 Meat Or Vegetarian chile Corn Muffin Garden Salad Fruit cup	30 Sweet & Sour Chicken Over rice Oriental vegetables Fruit cup	31 <b>HAPPY HALLOWEEN</b> Spooky Toasted cheese Witch's Brew Soup Batty Dessery	

### 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 ½ 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  
½ Pint Milk or Bottled Water  
**\$4.50**

**WG = Whole Grain**

**V = Vegetarian\***

\*Allows egg and milk