



ST. MARY'S HIGH SCHOOL

NOVEMBER 2019

Menu is subject to change.



Personal Touch Food Service

Chef Manager:

Colleen Kowalski

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Baked Pasta Garden Salad Warm Breadstick Fruit cup
4 Chicken Finger Sub Seasoned carrots Fruit cup	5 Mexican taco Nacho Chips & Salsa Seasoned corn Pudding cup	6 Marinated Chicken On bun Seasoned noodles Broccoli Harvest Salad Fruit cup	7 Grilled shalen hot dog Potato chips Veggie Sticks Fruit cup	8 Meat or Vegetable Lasagna Cesear Salad Warm Breadstick Slice of cake
11 NO SCHOOL VETERAN'S DAY	12 Chicken Parm on Bun Green beans Fruit cup	13 PIZZA DAY Garden salad Pumpkin spice parfait	14 Chicken souvlaki Roasted potato Steamed vegetables Fruit cup	15 Three Cheese Grilled cheese Tomato soup Fruit cup
18 Chicken patty on bun Wild Rice Mixed Vegetables Fruit cup	19 Chicken Broccoli Alfredo Garden Salad Fruit cup	20 Taco Salad Seasoned Corn Churro	21 THANKSGIVING DINNER Roast turkey Mashed Potato & gravy Stuffing, corn, dinner roll Dessert	22 Hamburger on bun Potato Wedges Fruit cup
25 Italian Dippers Green beans Fruit cup	26 Chicken Nuggets Wild rice Fruit cup	27 NO SCHOOL THANKSGIVING HOLIDAY	HAPPY THANKSGIVING DAY	NO SCHOOL THANKSGIVING HOLIDAY

SERVED DAILY:

Entrees	\$ 3.75
Fresh made Soup	\$ 1.75
Deli Sandwich or Wrap	\$ 3.75
Milk ½ pint	\$.90
Bottle Water	\$ 1.25
Pizza Slices	\$ 3.00

BREAKFAST A LA CARTE

Breakfast Sandwich	\$ 3.30
Bagel with Butter	\$ 1.25
Cream Cheese	\$.60
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