



St. Mary's Institute
Elementary School PreK – 5
Lunch Menu

September 2016

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Cold Entrée Offerings:

- Week 1 – Ham & Cheese Sandwich
- Week 2 – Turkey & Cheese Sandwich
- Week 3 – Bologna Sandwich
- Week 4 – Super Hero Sub
- Week 5 – Ham & Cheese Wrap

1



2

Lunch Price - \$2.00
Breakfast - \$1.00
Milk Price - .75
Meal Components:
Protein, Grain, Fruit,
Vegetable, Milk
All grains are whole
grain rich.

Weekly Salad Special
Chicken Nugget Salad

5



6

Superintendent's
Conference Day

7

BBO Pork Rib Sandwich
Tator Tots or
Cucumber Slices
Cinnamon Apple
Slices 🍏
or Chilled Juice

8

Taco Twins
with Toppings
Cauliflower or
Refried Beans
Fresh Fruit or
Diced Pears

9

Cheese Pizza
Green Peas or
Mixed Vegetables
Fresh Fruit or
Pineapple

Weekly Salad Special
Chef Salad

Choose 3 to 5 components each day, which may include 1 entree. One of the components must be a fruit or vegetable.

12

Chicken Nuggets
w/ Dinner Roll
Celery Sticks or
Potato Wedges
Fresh Fruit or
Mandarin Oranges

13

Nachos Grande
Corn Niblets or
Garbanzo Beans
Fresh Fruit or
Diced Pears

14

Chicken Patty on Bun
Green Beans
or Spinach
Fresh Fruit or
Applesauce 🍏

15

Meatball Sub
Carrot Coins or
Romaine Salad
Fresh Fruit or
Peaches

16

Cheese Pizza
Zucchini or
Sweet Potato Fries
Fresh Fruit or
Fruit Cocktail

Weekly Salad Special
Spinach Salad

19

Basket of Favorites
(Mozzarella Sticks, Pizza
Sticks & Nuggets)
Veggie Beans or
Mixed Vegetables
Fresh Fruit or
Pineapple Tidbits

20

BBQ Diced Chicken
Sub w/Cheddar
Broccoli or
Green Beans
Fresh Fruit or
Peaches

21

All Beef Hot Dog
On Bun
Tater Tots or
Celery Sticks
Cinnamon Apple Slices
🍏 or Chilled Juice

22

Chicken Patty
Parmesan
Sandwich
Romaine Salad or
Cauliflower
Fresh Fruit or
Diced Pears

23

Cheese Pizza
Bean Salad
or Carrot Coins
Fresh Fruit or
Applesauce

Weekly Salad Special
Chef Salad

26

Bacon Cheeseburger
Sweet Green Peas
or Zucchini
Fresh Fruit or
Mandarin Oranges

27

Popcorn Chicken w/
Dinner Roll
Small Round Potatoes
or Corn Niblets
Fresh Fruit or
Diced Pears

28

Grilled Cheese
Sandwich
Tomato Soup or
Raw Baby Carrots
Fresh Fruit or
Applesauce 🍏

29

Crazy Tater Nachos
with Turkey Taco
Meat & Cheese
Green Beans
or Chick Peas
Fresh Fruit or
Peaches

30

Cheese Pizza
Romaine Salad or
Brussel Sprouts
Fresh Fruit or
Watermelon

Choice of Milk Available with Lunch:
Low-Fat White, Fat Free White, Fat Free Chocolate

Available Daily
Peanut Butter & Jelly Sandwich/Cheese Sandwich

Baby Carrots (1/4 c)

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