

## St. Mary's School – Lunch Menu

**October 2019**

28.	<p><b>Entrees</b> Chicken Alfredo w/ Breadstick Fajita Salad w/ Chicken</p> <p><b>Sides</b> Apple Slices/Strawberry Cup Cooked Broccoli Fresh Carrots/Celery</p>	1. & 29.	<p><b>Entrees</b> Nachos Fruit &amp; Yogurt Parfait</p> <p><b>Sides</b> Orange Wedges/Sliced Pears Fiesta Black Beans/Corn Salsa Lettuce/Tomato/Pepper</p>	2. & 30.	<p><b>Entrees</b> All Beef Hot Dog Turkey Tetrzinni w/ Breadstick</p> <p><b>Sides</b> Grapes/Peach Slices Cooked Green Beans Edamame/Fresh Broccoli</p>	3. & 31.	<p><b>Entrees</b> Teriyaki Chicken w/ Chow Mein Ham &amp; Potato Bowl</p> <p><b>Sides</b> Banana/Applesauce Cup Kyoto Veggies Fresh Cauliflower/Cucumber</p>	4.	<p><b>Entrees</b> Roast Beef &amp; Potatoes w/ Roll Mac &amp; Cheese</p> <p><b>Sides</b> Watermelon/Tropical Mix Cooked Carrots Fresh Pepper Strips/Carrots</p>
7.	<p><b>Entrees</b> Mandarin Orange Chicken w/ Rice &amp; Roll Fruit Plate w/ Banana Bread</p> <p><b>Sides</b> Grapes/Applesauce Cup Kyoto Veggies Fresh Carrots/Broccoli</p>	8.	<p><b>Entrees</b> Philly Cheesesteak Sandwich Cheese Pizza</p> <p><b>Sides</b> Kiwi/Peach Slices Baked Beans Fresh Carrots</p>	9.	<p><b>Entrees</b> Tator Tot Casserole w/ Roll Chicken Egg Rolls</p> <p><b>Sides</b> Apple Slices/Strawberry Cup Cooked Broccoli Fresh Carrots/Cauliflower</p>	10.	<p><b>Entrees</b> Meatballs w/ Potatoes &amp; Gravy Bosco Sticks</p> <p><b>Sides</b> Orange Wedges/Tropical Mix Cooked Corn Fresh Celery/Pepper Strips</p>	11.	<p><b>Entrees</b> Pasta &amp; Meat Sauce w/ Cheesy Breadstick French Bread Pizza</p> <p><b>Sides</b> Banana/Pear Slices Cauliflower Gratin Fresh Carrots/Cucumber</p>
14.	<p><b>Entrees</b> Cheese Ravioli &amp; Breadstick Chicken Tenders</p> <p><b>Sides</b> Apple Slices/Peach Slices Cooked Carrots Fresh Cucumber/Edamame</p>	15.	<p><b>Entrees</b> Soft Shell Tacos BLT Salad w/ Egg &amp; Bacon</p> <p><b>Sides</b> Orange Wedges/Pear Slices Fiesta Black Beans/Lettuce Cabbage/Onions/Picante Sauce</p>	16.	<p><b>Entrees</b> Tiger Bowl: Popcorn Chicken, Potatoes, Corn, Gravy Cheese Quesadilla</p> <p><b>Sides</b> Grapes/Applesauce Cup Fresh Carrots/Edamame</p>	17.	<p><b>Entrees</b> Meatball Sandwich Strawberry Banana Smoothie w/ Banana Bread</p> <p><b>Sides</b> Banana/Strawberry Cup Cooked Broccoli Fresh Pepper Strips/Cauliflower</p>	18.	<p><b>Entrees</b> French Toast w/ Sausage Spicy Chicken Filet Sandwich</p> <p><b>Sides</b> Warm Apple Slices/Juice Cup Tri Taters Fresh Cucumber/Edamame</p>
21.	<p><b>NO SCHOOL DAY</b></p>	22.	<p><b>Entrees</b> BBQ Pork Sandwich Pepperoni Pizza</p> <p><b>Sides</b> Grapes/Applesauce Cup Baked Beans Coleslaw</p>	23.	<p><b>Entrees</b> Lasagna &amp; Breadstick Breaded Chicken Filet Sandwich</p> <p><b>Sides</b> Orange Wedges/Strawberry Cup Cooked Green Beans Fresh Cauliflower/Carrots</p>	24.	<p><b>Entrees</b> Cheeseburger Grape Jamwich w/ Goldfish &amp; Cheese Stick</p> <p><b>Sides</b> Apple Slices/Peach Slices Cooked Corn Fresh Celery/Cucumber</p>	25.	<p style="color: red;"><b>PK Students Only!</b></p> <p><b>Entrees</b> Turkey Deli Sandwich Ham Deli Sandwich</p> <p><b>Sides</b> Raisins/Applesauce Cup Fresh Carrots/Broccoli</p>



### Milk Available Daily

1%

**Chocolate**

*\*Flavored Milk Not  
Available for Pre K*



**Don't Forget!!!**

Take a fruit and/or  
vegetable and at least  
3 total meal items  
each day.



**ST. MARY'S SCHOOL**

*This institution is an equal opportunity provider.*

\*\* Menu Subject To Change\*\*