

# SEPTEMBER 2020

Child lunches are \$3.00. Adult lunches are \$4.25. All students must take, at the least, three of the five offered components to meet the requirements of a full lunch. Fresh fruits/vegetables are offered daily, when available. If you have any questions, please call the kitchen manager at 683-2112 x119. Thank you for your participation.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 <b>Labor Day</b>	8 <i>Get a Good Night's Sleep... Tomorrow is going to Be Great!</i>	9 Popcorn Chicken Tater Tots, Peas Fruit & Milk	10 Chicken Salad Wrap Carrot Stix, Coleslaw Fruit & Milk	11 Cheese Pizza Romaine Salad Broccoli, Fruit & Milk
14 Cheeseburger Tater Tots, Mixed Veg Fruit & Milk	15 Taco Pizza Corn, Bean Salad Fruit & Milk	16 Goulash Broccoli, Cauliflower Fruit & Milk	17 Chicken Caesar Salad w/Breadstick Peas, Fruit & Milk	18 Mozzarella Sticks Cucumber Salad Carrots, Fruit & Milk
21 Breakfast Pizza Hash Brown Patty Fruit, Juice & Milk	22 Sloppy Joes Baked Beans, Corn Fruit & Milk	23 Popcorn Chicken Carrot Sticks w/Ranch Broccoli, Fruit & Milk	24 Chicken Souvlaki w/Pita Tomato Soup Fruit & Milk	25 Calzones Romaine Salad Peas, Fruit & Milk
28 Chicken Patty on Bun Green Beans, Carrots Fruit & Milk	29 Nachos Grande Corn, Bean Salad Fruit & Milk	30 Baked Ziti W/Meatballs Romaine Salad Broccoli, Fruit & Milk		
<i>A la Carte Milk is \$0.50, and purchases may be prepaid for your convenience!</i>	<p><b>Daily Alternate Lunch Options:</b> Each alternate includes choice of veggies, fruit &amp; milk.</p> <p>B – Julienne Salad with Whole Grain Muffin C – Yogurt Parfait with Mixed Berries, Granola, Whole Grain Muffin D – Sunbutter &amp; Jelly Sandwich on Whole Grain Bread and a Cheese Stick E – Deli Turkey Sandwich on Whole Grain Bread with Cheese, Mayo and/or Mustard F – Deli Ham Sandwich on Whole Grain Bread with Cheese, Mayo and/or Mustard</p>			

Menu is subject to change.

**Our Mission** All dishes are made fresh daily with only the best produce, quality proteins and low fat dairy. We limit processed foods and pre-packaged entrees. Many, if not most, menu items have minimal ingredients and are prepared from scratch. Students and Staff can choose from a variety of Daily Alternate Choices, as well as the Main Entrée. We hope your child finds many favorites, and looks forward to the lunch we serve. As always, we appreciate your support, welcome your input and look forward to seeing you in the Lunch Line! Tracy Hadsall & Jenny Fulciniti

**Lenten Alternates** Please make note of the changes made to the available Alternate Lunch Choices during Lent. Julienne Salad, Turkey & Ham Sandwiches will not be available on Fridays during the Season of Lent. Garden Salad with Hard Boiled Egg, Egg Salad Sandwich on WG Bread and Tuna Fish Sandwich on WG Bread with Cheese are offered as Meatless Alternates on Fridays, as well as Yogurt Parfait and Sunbutter & Jelly.

**Did you know** When we serve juice with our breakfast entrees, it counts towards our vegetable requirement. Carrots, kale, broccoli, sweet potatoes, as well as apples and pears can be found in the list of ingredients for our Dragon Punch and Wango Mango Juice. The kids love 'em, and you can too, knowing that they are getting a healthy dose of veggies and fruits all in one serving!

**Snacks** Snacks are sold daily! \$0.50 Baked Chips, etc. & Ice Cream! Granola Bars, too! Please note, Snack Sales do not begin until mid-September!

**Milk** Milk is sold a la carte for \$0.50. You may prepay for your child/children's daily milk purchase.

**Baked Pasta & Meatballs** Whole Grain Pasta Baked with Marinara Sauce, Mozzarella Cheese and Mini Meatballs

**Breakfast Pizza** Whole Grain Pizza Crust topped with Eggs, Cheddar & Mozzarella Cheeses and Real Bacon Crumbles

**Calzones** Whole Grain Pocket with Marinara Sauce and Ricotta & Mozzarella Cheeses

**Cheese Pizza** Whole Grain Pizza Crust with Tomato Sauce and Low Fat Mozzarella

**Cheeseburger** Hamburger Patty on Whole Grain Bun with Cheese, Condiments on Side

**Chicken Caesar Salad** Romaine Lettuce topped with lightly seasoned Grilled Chicken Breast, Real Crumbled Bacon, Whole Grain Croutons, Grated Parmesan Cheese and Caesar Dressing

**Chicken Patty Sandwich** Whole Grain Breaded Chicken Patty baked and served on a Whole Grain Bun, with optional Lettuce, Onion, Tomato, & Condiments

**Chicken Salad Wrap** Grilled Chicken mixed with Mayonnaise and Romaine Lettuce in a Whole Grain Wrap

**Chicken Souvlaki** Boneless, Skinless, marinated Chicken Breast grilled and served with fresh Vegetables (sweet peppers, onions, romaine), Feta Cheese and Greek Dressing; served as either an open salad, or stuffed into a Whole Grain Pita Pocket

**Goulash** Whole Grain Pasta, Hamburger Meat, chopped Green Peppers & Onions mixed with Marinara Sauce

**Mozzarella Sticks** Whole Grain Breading over Mozzarella Cheese, baked and served with Marinara Sauce

**Nachos Grande** Lean Ground Beef spiced with Taco Seasonings, served hot over Whole Grain Tortilla Chips, topped with melted Mild Cheddar Cheese Sauce, with Optional Salsa, Sour Cream and or Hot Sauce

**Popcorn Chicken** Whole Grain Breaded Popcorn Chicken Bites baked to a tasty Crunch! Served with Optional BBQ Sauce

**Sloppy Joe** Ground Hamburger mixed with Sloppy Joe Sauce on a Whole Grain Bun

**Taco Pizza** Whole Grain Pizza Crust topped with Taco Beef, Cheddar & Mozzarella Cheese, topped with Shredded Lettuce, Sour Cream & Taco Sauce

## Prepayment Guidelines for Student Lunches at St Mary's Elementary

1. The upcoming lunch menu is always posted on the SME Website by the last Wednesday of the month. Once you look over the menu, you may decide to prepay for as many or as few lunches as you wish. As a note, if you were to prepay for 20 lunches, you receive your 21<sup>st</sup> lunch for FREE!
2. A check or cash may be sent with your child/children in an envelope clearly labeled with 'Name, Amount Enclosed, and Number of Lunches Paying For.'
3. The Kitchen will then record how many Prepaid Lunches are available for your student(s), and will be marked accordingly. We will track your account(s) as the lunches are used and the account is depleted.
4. Even if the account balance is at zero, no child will ever go without a lunch. A Notice of Account will be sent via e-mail to indicate that the account needs to be replenished.
5. We also allow for a la carte milk to be prepaid. We will record and track daily milk purchases, just as we do for lunches. Simply send in a clearly marked envelope with your 'Name, Amount Enclosed, and Number of Milk Purchases Paying For.'
6. Any questions regarding the SME Lunch Program, contact us at [kitchenmanager@smeschool.com](mailto:kitchenmanager@smeschool.com), or 683-2112 extension 119 during school business hours.

Our snack sales will not begin until mid-September. Prepayment options for this program will be established in the coming weeks. Stay tuned to the SME Website for information.

Thank you for your support of our school lunch program! We love our Customers!

<i>Lunches</i>	<i>Cost</i>	<i>Lunches</i>	<i>Cost</i>	<i>Lunches</i>	<i>Cost</i>	<i>Lunches</i>	<i>Cost</i>
1	\$3.00	11	\$33.00	21	\$63.00	31	\$93.00
2	\$6.00	12	\$36.00	22	\$66.00	32	\$96.00
3	\$9.00	13	\$39.00	23	\$69.00	33	\$99.00
4	\$12.00	14	\$42.00	24	\$72.00	34	\$102.00
5	\$15.00	15	\$45.00	25	\$75.00	35	\$105.00
6	\$18.00	16	\$48.00	26	\$78.00	36	\$108.00
7	\$21.00	17	\$51.00	27	\$81.00	37	\$111.00
8	\$24.00	18	\$54.00	28	\$84.00	38	\$114.00
9	\$27.00	19	\$57.00	29	\$87.00	39	\$117.00
10	\$30.00	20	\$60.00	30	\$90.00	40	\$120.00