

ST. MARY'S ELEMENTARY SCHOOL, LANCASTER, NY- "...visible examples of Gospel living."

# FEBRUARY 2019

Student lunches are \$2.75. Adult lunches are \$3.90. All students must take, at minimum, 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. We appreciate your support!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>A Healthy Lunch starts with:</b></p> <ul style="list-style-type: none"> <li>• Vegetable and/or Fruit</li> <li>• Lean Protein &amp; Whole Grains</li> <li>• Milk – Plain or Chocolate</li> </ul> <p><b>Choose at least 3 of these!</b></p>		<p><b>Alternate Lunches Available Daily</b></p> <p><b>B</b> - Julienne Salad and WG Muffin  <b>C</b> - Yogurt Parfait w/Granola and WG Muffin  <b>D</b> - Sunbutter/Jelly Sandwich on WG Bread  <b>E</b> - Deli Turkey Sandwich on WG Bread  <b>F</b> - Deli Ham Sandwich on WG Bread</p>		<p><b>1</b></p> <p><b>Cheese Pizza</b>  <b>Romaine Salad</b>  <b>Green Beans &amp; Fruit</b></p>
<p><b>4</b></p> <p><b>Cheeseburger</b>  <b>Oven Fries</b>  <b>Green Beans &amp; Fruit</b></p>	<p><b>5</b></p> <p><b>Chicken &amp; Cheese Quesadillas</b>  <b>Texas Caviar</b>  <b>Corn &amp; Fruit</b></p>	<p><b>6</b></p> <p><b>Baked Pasta With Meatballs, Breadstick, Peas, Romaine Salad &amp; Fruit</b></p>	<p><b>7</b></p> <p><b>Chicken Stir Fry With Vegetables</b>  <b>Rice &amp; Fruit</b></p>	<p><b>8</b></p> <p><b>Cheese Calzones</b>  <b>Cauliflower</b>  <b>Carrots &amp; Fruit</b></p>
<p><b>11</b></p> <p><b>Popcorn Chicken</b>  <b>Mashed Potatoes</b>  <b>Corn &amp; Fruit</b></p>	<p><b>12</b></p> <p><b>Bean &amp; Cheese Burrito</b>  <b>Seasoned Rice</b>  <b>Peas &amp; Fruit</b></p>	<p><b>13</b></p> <p><b>Creamy Beef Noodle</b>  <b>Mixed Veggies</b>  <b>Broccoli &amp; Fruit</b></p>	<p><b>14</b></p> <p><b>Chicken Caesar Salad</b>  <b>Tomato Soup</b>  <b>Breadstick &amp; Sidekicks</b></p>	<p><b>15</b></p> <p><b>Mozzarella Sticks with Marinara Sauce</b>  <b>Carrots &amp; Celery w/ Ranch</b>  <b>Cauliflower &amp; Fruit</b></p>
<p><b>NO SCHOOL</b></p>	<p><b>NO SCHOOL</b></p>	<p><b>NO SCHOOL</b></p>	<p><b>NO SCHOOL</b></p>	<p><b>NO SCHOOL</b></p>
<p><b>25</b></p> <p><b>Chicken Patty</b>  <b>Oven Fries</b>  <b>Mixed Veggies &amp; Fruit</b></p>	<p><b>26</b></p> <p><b>Nachos Supreme</b>  <b>Refried Beans</b>  <b>Corn &amp; Fruit</b></p>	<p><b>27</b></p> <p><b>Mac-n-Cheese</b>  <b>Tomato Soup</b>  <b>Peas &amp; Fruit</b></p>	<p><b>28</b></p> <p><b>Baked Chicken</b>  <b>Mashed Potatoes</b>  <b>Carrots &amp; Fruit</b></p>	<p>Plain &amp; Chocolate Milk Available Daily \$0.50</p> <p>Celebrating Your Child's Birthday with Their Class? Form Available On-Line!</p>

Menu subject to change