

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

# May, 2021

Student lunches are \$3, and adult lunches are \$4.25. During this time, we ask that all lunches be prepaid with either cash or check made out to SME, in the exact amount. Any overage will be kept on account. All lunches are comprised of five components; protein, whole grain, vegetables, fruit & milk. In addition to the main entrée, there are five alternate choices offered daily; Julienne Salad, Yogurt Parfait, Sunbutter & Jelly, Turkey/Cheese and Ham/Cheese Sandwiches. All orders are taken during Homeroom. We appreciate your support and look forward to serving your child/children a freshly prepared lunch each day. If you have any questions, please feel free to contact us at [kitchenmanager@smeschool.com](mailto:kitchenmanager@smeschool.com).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken Parm Side of Pasta w/Sauce Veggies, Fruit & Milk	4 Loaded Baked Potato Broccoli Veggie, Fruit & Milk	5 Buffalo Chicken Salad Breadstick Tomato Soup, Fruit & Milk No Alt B Lunch Today	6 Popcorn Chicken Tater Tots Veggie, Fruit & Milk	7 Cheese Pizza Romaine Salad Veggie, Fruit & Milk
10 French Toast Sticks Sausage, Potatoes Veggie Juice, Fruit & Milk	11 Nachos Grande Bean Salad Veggie, Fruit & Milk	12 Cobb Salad Breadstick Veggie, Fruit & Milk No Alt B Offered Today	13 Sweet & Sour Chicken Brown Rice Veggies, Fruit & Milk	14 Baked Pasta w/Meatballs Romaine Salad Veggie, Fruit & Milk
17 Breakfast Pizza Tater Tots Veggie Juice, Fruit & Milk	18 Meatball Sub Sandwich Mixed Vegetables Fruit & Milk	19 Chicken Souvlaki Salad Whole Grain Pita Veggie, Fruit & Milk No Alt B Offered Today	20 Mexi Incredi-Bowl Black Beans Veggie, Fruit & Milk	21 Mozzarella Sticks Romaine Salad Veggie, Fruit & Milk
24 Mac-n-Cheese Peas, Carrots Fruit & Milk	25 Taco-in-a-Bag Baked Beans Veggie, Fruit & Milk	26 Chicken Caesar Salad Breadstick Veggie, Fruit & Milk No Alt B Offered Today	27 Grilled Cheese Tomato Soup Veggie, Fruit & Milk	29 No School! Have a Safe Holiday Weekend!
31 Memorial Day  No School	<i>Celebrating your child's summer birthday with their classmates is a wonderful way to end the school year. Send in your order today!</i>	We appreciate our customers! Thank you for your support!	<i>Did you know.... Only 32 days remain with full lunch service. Consider this when prepaying for lunches.</i>	<i>Alt B – Julienne Salad Alt C – Yogurt Parfait Alt D – Sunbutter &amp; Jelly Alt E – Turkey/Cheese Alt F – Ham/Cheese</i>

Menu subject to change.

<b>Our Mission</b>	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. Please note, when a Signature Salad is the Main Entrée, we will not serve Julienne Salad, B Option, that day. 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 Room! Tracy Hadsall & Jenny Fulciniti
<b>Snacks</b>	Snacks are sold daily during the 3 <sup>rd</sup> and 4 <sup>th</sup> lunch periods, and all cost \$0.50. Due to time limitations, we only serve snack to grades 4 through 8.
<b>Milk</b>	Milk is sold a la carte for \$0.50. You may prepay for your child/children's daily milk purchase.
<b>Bflo Chicken WingSalad</b>	Whole Grain Breaded Popcorn Chicken tossed in Hot Sauce on a bed of Romaine Lettuce, Served with Blue Cheese Dressing, Carrots & Celery
<b>Breakfast Pizza</b>	Whole Grain Pizza Crust with Scrambled Eggs, Cheese and Bacon
<b>Baked Pasta &amp; Meatballs</b>	Whole Grain Pasta Baked with Marinara Sauce, Mozzarella Cheese and Mini Meatballs
<b>Cheese Pizza</b>	Whole Grain Pizza Crust with Tomato Sauce and Low Fat Mozzarella
<b>Chicken Caesar Salad</b>	Romaine Lettuce topped with lightly seasoned Grilled Chicken Breast, Real Crumbled Bacon, Whole Grain Croutons, Grated Parmesan Cheese and Caesar Dressing
<b>Chicken Incredi-Bowl</b>	Chunks of Breaded Chicken and Corn on top of Mashed Potatoes, with Chicken Gravy and melted Cheddar Cheese
<b>Chicken Parm</b>	Whole Grain Breaded Chicken Patty, baked with Low Fat Mozzarella Cheese and Marinara Sauce and a side of Whole Grain Pasta
<b>Chicken Souvlaki</b>	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
<b>Cobb Salad</b>	Romaine Lettuce, Crumbled Bacon, Chicken Breast, Tomatoes, Hard-Boiled Egg Wedges and, if not too pricey, Avocado! Vinaigrette Dressing to top it off.
<b>French Toast Sticks</b>	Whole Grain French Toast Sticks baked and served with Warm Syrup, Sausage Links and Hash Brown Patty
<b>Grilled Cheese</b>	Whole Grain Bread and American Cheese grilled to a golden crisp, served with Tomato Soup
<b>Loaded Baked Potato</b>	Fresh, delivered weekly, Russet Potatoes, baked and topped with Steamed Broccoli, melted Cheese and Real Bacon Crumbles
<b>Mac-n-Cheese</b>	An SME Classic! Elbow Macaroni covered with Homemade Cheese Sauce, Baked to Perfection, Served with a Smile!
<b>Meatball Submarine Sandwich</b>	Meatballs in Marinara Sauce on a Whole Grain Roll with Mozzarella Cheese sprinkled on top
<b>Mexi Incredi-Bowl</b>	Turkey Taco Meat, Corn, Black Beans and Cheese served in a Bowl over Brown Rice
<b>Mozzarella Sticks w/Marinara</b>	Whole Grain Breaded Mozzarella Sticks, baked and served with Marinara Sauce
<b>Sweet &amp; Sour Chicken</b>	Popcorn Chicken tossed in Sweet & Sour Sauce, served over Brown Rice with Diced Scallions....a Fortune Cookie, too!
<b>Mozzarella Sticks</b>	Whole Grain Breading over Mozzarella Cheese, baked and served with Marinara Sauce
<b>Mexi Incredi-Bowl</b>	Brown Rice served in a Bowl covered with Taco Meat, Corn, Black Beans, Shredded Cheddar Cheese & Taco Sauce
<b>Nachos Grande</b>	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
<b>Popcorn Chicken</b>	Whole Grain Breaded Popcorn Chicken Bites baked to a tasty Crunch! Served with Optional BBQ Sauce
<b>Taco-in-a-Bag</b>	Taco Meat scooped into a Bag of Whole Grain Tortilla Chips with Shredded Cheddar Cheese & Salsa