

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

Feb, 2023

Student lunches are **\$3.50**, and adult lunches are **\$5.50**. 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 four alternate choices offered daily; Julienne Salad, Yogurt Parfait, Sunbutter/Jelly, and Ham/Cheese Sandwiches. Milk is **\$0.50**, and may be prepaid if your student buys milk regularly. **Snack will now be served to all grades during lunchtime. No snack is ever purchased on account. Snack money must be presented at point of sale. Snacks are \$0.25-\$0.75.** If you have any questions, please feel free to contact us at kitchenmanager@smeschool.com. We appreciate your support. Tracy Hadsall, Liz Heerd & Jenny Fulciniti

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Lunch = \$3.50 2 Lunches = \$7.00 3 Lunches = \$10.50 4 Lunches = \$14.00 5 Lunches = \$17.50	6 Lunches = \$21.00 7 Lunches = \$24.50 8 Lunches = \$28.00 9 Lunches = \$31.50 10 Lunches = \$35.00	11 Lunches = \$38.50 12 Lunches = \$42.00 13 Lunches = \$45.50 14 Lunches = \$49.00 15 Lunches = \$52.50	16 Lunches = \$56.00 17 Lunches = \$59.50 18 Lunches = \$63.00 19 Lunches = \$66.50 Cash or Check to SME Change Will Go On Acct	No 'On Account' Snack Purchases Allowed Birthday Snacks for the Class are Paid for Separately, Please!
		1 No Alt B Available Antipasto Salad Garlic Bread Veggies, Fruit & Milk	2 Chicken Incredi Bowl Veggies, Fruit & Milk	3 Cheese & Pepperoni Pizza Romaine Salad Veggie, Fruit & Milk
6 Breakfast Pizza Potatoes, Veggie Juice Fruit & Milk	7 Tacos Baked Beans Veggies, Fruit & Milk	8 No Alt B Available Chicken Caesar Garlic Bread Veggie, Fruit & Milk	9 Sweet-n-Sour Chicken Veggies, Fruit & Milk	10 Cheese & Pepperoni Pizza Romaine Salad Veggie, Fruit & Milk
13 Breakfast Pita Egg, Ham & Cheese Veggies, Fruit & Milk	14 Chicken Dinner Mashed Potatoes Veggie, Fruit & Milk	15 No Alt B Available Market Salad w/Muffin (apples, berries & bleu cheese) Veggie, Fruit & Milk	16 Mexi Incredi Bowl Veggies, Fruit & Milk	17 Cheese & Pepperoni Pizza Romaine Salad Fruit & Milk
20 Winter Break Stay Safe – Have Fun!	21 Winter Break Stay Safe – Have Fun	22 Ash Wednesday	23 Winter Break Stay Safe – Have Fun	24 Winter Break Stay Safe – Have Fun
27 French Toast Egg Patty Veggies, Fruit & Milk	28 Mac-n-Cheese Veggies Fruit & Milk	1 No Alt B Available Buffalo Chicken Salad Celery & Carrot Sticks Fruit & Milk	2 Chicken Stir Fry With Rice Veggies, Fruit & Milk	3 Fridays In Lent No Alt B Julienne Salad No Alt E Ham Sandwich Cheese Pizza Romaine Salad, Fruit, Milk

Menu subject to change.

St Mary's Elementary Student Menu Favorites

Bflo Chicken Sandwich	Whole Grain Breaded Chicken Patty, Melted Provolone with a Side of Frank's Sauce and Blue Cheese Dressing
Breakfast Sandwich	Whole Grain English Muffin, Scrambled Egg Patty, Slice of American Cheese and Ham
Breakfast Pizza	Whole Grain Pizza Crust topped with Eggs, Cheddar & Mozzarella Cheeses and Real Bacon Crumbles
Baked Pasta & Meatballs	Whole Grain Pasta Baked with Marinara Sauce, Mozzarella Cheese and Mini Meatballs
Chicken Dinner	Chicken pieces lightly battered and baked to a Tasty Crunch served with Mashed Potatoes, Gravy, Veggies and Fruit
Chicken Parm	Whole Grain Breaded Chicken Patty, baked with Low Fat Mozzarella Cheese and Marinara Sauce
Chicken Alfredo	Chicken tossed in a delicate Alfredo Sauce, served over Whole Grain Pasta
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
Calzones	Whole Grain Pocket with Marinara Sauce and Ricotta & Mozzarella Cheeses
Cheese Pizza	Whole Grain Pizza Crust with Tomato Sauce and Low Fat Mozzarella
Chicken Fajitas	Marinated Chicken Breasts sliced and grilled with Sweet Peppers and Onions. Served on a Whole Grain Tortilla with toppings and Brown Rice
Chicken Stir Fry	Boneless, Skinless Chicken Breast marinated in a Teriyaki Sauce, sautéed with Fresh/Frozen Asian Vegetables, served with Brown Rice
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 Incredi Bowl	Chunks of Breaded Chicken and Corn on top of Mashed Potatoes, with Chicken Gravy and melted Cheddar Cheese
Cheeseburger	Hamburger Patty on Whole Grain Bun with Cheese, Condiments on Side
Fish Sandwich	Battered Cod served on a Whole Grain Bun with Cheese. Freshly made Coleslaw is served on the side
French Toast Sticks	Whole Grain French Toast Sticks baked and served with Warm Syrup, Sausage Links and Hash Brown Patty
Grilled Cheese	Whole Grain Bread and American Cheese grilled to a golden crisp, served with Tomato Soup
Goulash	Whole Grain Pasta Baked with Marinara Sauce, Sautéed Onions, Sweet Peppers and Ground Beef
Italiano Incredi Bowl	Risotto (Italian Arborio Rice), Mini Meatballs, Escarole & Northern Beans sprinkled with Parmesan Cheese
Loaded Baked Potato	Fresh, delivered weekly, Russet Potatoes, baked and topped with Steamed Broccoli, melted Cheese and Real Bacon Crumbles
Mozzarella Sticks	Whole Grain Breading over Mozzarella Cheese, baked and served with Marinara Sauce
Mexi Incredi Bowl	Brown Rice served in a Bowl covered with Taco Meat, Corn, Black Beans, Shredded Cheddar Cheese & Taco 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
Ramen Incredi Bowl	Restaurant Grade Ramen Noodles and Broth, served with a variety of Fresh Veggies
Sweet-n-Sour Chicken	Crunchy Popcorn Chicken tossed in a Sweet Sour Sauce, served over a Bowl of Brown Rice
Turkey Dinner	Sliced Turkey, Gravy, Mashed Potatoes, Stuffing, Veggies & Cranberry Sauce, and even Fruit Pie! So Grateful are We!
Taco-in-a-Bag	Taco Meat scooped into a Bag of Whole Grain Tortilla Chips with Shredded Cheddar Cheese & Salsa