

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

NOV, 2022

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 Chili with Meat & Beans WG Corn Muffin Veggie, Fruit & Milk	2 No Alt B Available Chicken Souvlaki Pita Bread Veggie, Fruit & Milk	3 Mac-n-Cheese Tomato Soup Veggie, Fruit & Milk	4 Cheese & Pepperoni Pizza Romaine Salad Fruit & Milk
7 Breakfast Pizza Potatoes Veggie, Fruit & Milk	8 Nachos Grande With Beans Veggies, Fruit & Milk	9 No Alt B Available Chicken Caesar Garlic Bread Veggie, Fruit & Milk	10 No Lunch Service Early Dismissal Parent Teacher Conferences	11 No School Veteran's Day Observance
14 French Toast Stix Egg Patty Veggie Juice, Fruit & Milk	15 Cheeseburger Casserole Veggies, Fruit & Milk	16 No Alt B Available Taco Salad w/Tortillas Veggie, Fruit & Milk	17 Turkey Dinner Mashed Potatoes Veggies, Fruit & Milk	18 Cheese & Pepperoni Pizza Romaine Salad Fruit & Milk
21 Huge Hit Breakfast (Egg, Pancake, Ham) Potatoes & Veggie Juice Fruit & Milk	22 Beef Crumble Mashed Potatoes Veggies, Fruit & Milk	23 No School Thanksgiving Holiday	24 Be Grateful Happy Thanksgiving For The Plateful!	25 Thanksgiving Holiday Enjoy Time Doing Something Fun!
28 Breakfast Sandwich Potatoes & Veggie Juice Fruit & Milk	29 Baked Pasta w/Meatballs Veggies, Fruit & Milk	30 No Alt B Available Buffalo Chicken Salad WG Muffin Veggies, Fruit & Milk	Happy Customers Are Repeat Customers! Find Your Fave Lunch!	A = Main Lunch B = Julienne Salad C = Yogurt Parfait D = Sunbutter & Jelly E = Ham & Cheese

Menu subject to change.

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.
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 ala 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, or 683-2112 extension 119 during school business hours.

Please note our daily offerings and menu options are subject to change. Our menu has become somewhat more fluid, often changing to accommodate supply chain interruptions and shortages. We have had to make several changes as deliveries have not included what was requested at the beginning of the month, when the menu was created. We do not always know when a manufacturer stops production or drops a product from their line because of demand, or lack thereof. Although these substitutions are made after the menu has been created, the daily offerings are still in keeping with the National School Lunch Program, and adhere to all standards set forth. If you have any questions or concerns, please email us at kitchenmanager@smeschool.com. Thank you for your support of our school lunch program! We love our Customers and appreciate their patience.

From the Kitchen of St Mary's Elementary

Families & Friends of SME,

We appreciate your support and patronage of our school lunch program. It is a program that we are proud of, and hope to see continue for years to come.

As parents of both current and former SME students ourselves, we have seen firsthand the changes the lunch program has endured. As we continue to improve and plan throughout the school year, we hope that you, the SME Family, buy with confidence and assurance, knowing we are committed to serving only the best, to the best! That's SME!

Daily selections range from freshly made sandwiches and soups, fresh fruits and vegetables and from-scratch entrees. We limit the amount of pre-packaged, pre-assembled items that we serve so that you can feel comfortable knowing that your student is eating healthier at lunchtime.



Daily lunches are just one of the many offerings available to you.

Your student can celebrate a birthday with his or her class by enjoying one of our many allergy friendly, baked, reduced fat or whole grain snacks.

Volunteering in the cafeteria? We would love to serve you a freshly-made Julienne salad, mixed berry yogurt parfait, or just a bowl of homemade soup. Email us your order and we will be happy to serve you, and your student!



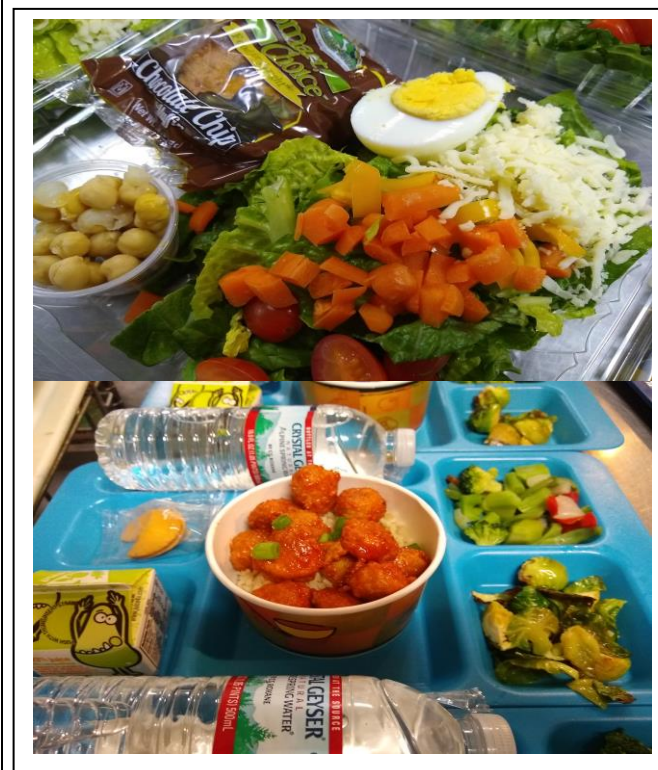
Our pre-pay plan allows for easy, breezy weekly planning. With a main entrée and five alternate choices offered daily, there are options for every student, every appetite. Lunches can be prepaid with cash or check made out to SME. Account balances are maintained, and notices will be sent out monthly to keep you up-to-date.

We wish our SME family a happy and healthy school year! We look forward to serving you in 2022-2023.

Tracy Hadsall, Liz Heerdts & Jenny Fulciniti

SME Kitchen

kitchenmanager@smeschool.com



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