

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

**Jan.**  
**2024**

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 three alternate choices offered daily; Julienne Salad, Yogurt Parfait, or Sun Butter/Jelly Sandwich. 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 \$0.50-\$0.75. If you have any questions, please feel free to contact us at [heerdt@smeschool.com](mailto:heerdt@smeschool.com). We appreciate your support. Liz Heerdt & Tracy Hadsall (menu subject to change)

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 20 Lunches = \$70.00	21 Lunches = \$73.50 22 Lunches = \$77.00  Cash or Check to SME Change Will Go On Acct
1 HAPPY NEW YEAR! NO SCHOOL	2 Chicken Breast & Cheese Sandwich on a Roll Veggies, Fruit & Milk	3 Meatball Bomber Veggies, Fruit & Milk	4 Chicken Souvlaki Bowl Veggies, Fruit & Milk	5 Cheese & Pepperoni Pizza Veggies, Fruit & Milk
8 French Toast Sticks With Egg Patty Veggies, Fruit & Milk	9 Taco Pizza Veggies, Fruit & Milk	10 Macaroni & Cheese Veggies, Fruit & Milk	11 Chicken Caesar Salad Breadstick Veggies, Fruit & Milk	12 10:45 DISMISSAL NO Lunch Service
15 Martin Luther King, Jr. Day NO SCHOOL	16 Fish Sticks Veggies, Fruit & Milk	17 Pasta w/ Meatballs Garlic Bread Veggies, Fruit & Milk	18 Cheeseburger on a Roll Veggies, Fruit & Milk	19 Cheese & Pepperoni Pizza Veggies, Fruit & Milk
22 Pancakes with Sausage Veggies, Fruit & Milk	23 Taco Salad w/Tortilla Chips Veggies, Fruit & Milk	24 Chicken Parm Sandwich on a Roll Veggies, Fruit & Milk	25 Popcorn Chicken Veggies, Fruit & Milk	26 Cheese& Pepperoni Pizza Veggies, Fruit & Milk
29 Beef Crumble over Mashed Potatoes Veggies, Fruit & Milk	30 Chicken Nachos Veggies, Fruit & Milk	31 Goulash Breadstick Veggies, Fruit & Milk		

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## 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 [Heerdt@smeschool.com](mailto:Heerdt@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 [Heerdt@smeschool.com](mailto:Heerdt@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!



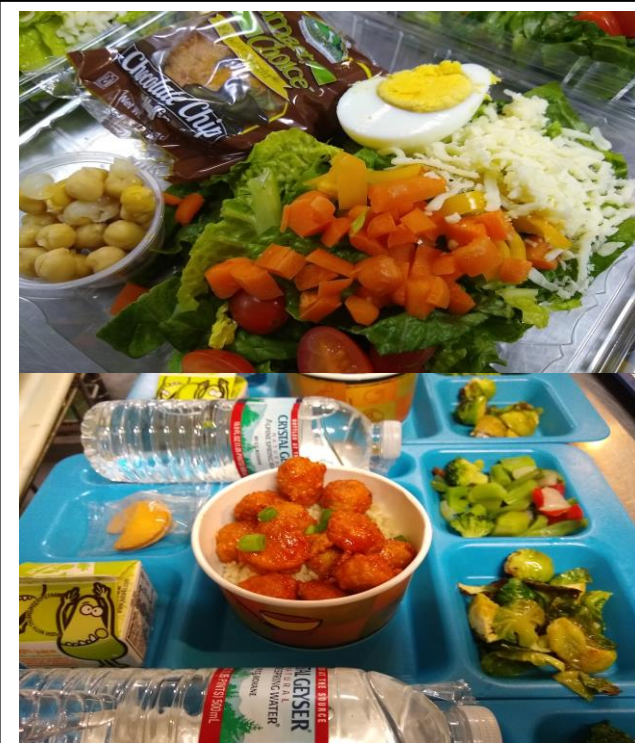
Our pre-pay plan allows for easy, breezy weekly planning. With a main entrée and five alternate choices offered daily, there are options for every student, every appetite. Lunches can be prepaid with cash or check made out to SME. Account balances are maintained, and notices will be sent out monthly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

We wish our SME family a happy and healthy school year! We look forward to serving you in 2023-2024.

Liz Heerd & Tracy Hadsall

SME Kitchen

[kitchenmanager@smeschool.com](mailto:kitchenmanager@smeschool.com)



## St Mary's Elementary Student Menu Favorites

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