



**St Mary IC School Lunch/Breakfast Menu
August/September 2019**

Monday	Tuesday	Wednesday	Thursday	Friday
Milk served daily with lunch. Menu is subject to change. "USDA is an equal opportunity provider and employer"		GRAB & GO BREAKFAST AVAILABLE DAILY INCLUDES GRAINS, FRUIT, JUICE AND MILK.		23 Ham & Cheese Sandwich on WG bread, Sweet Potato fries, WG green beans, applesauce, milk
26	27	28	29	30 Tuna Salad Sandwich, Sun Chips, Romaine Lettuce, cucumbers, tomatoes, mixed fruit, milk
BBQ's, WG bun, baked beans, French fries, pears, milk	Tomato Soup, Grilled Cheese Sandwich, Broccoli, peaches, milk	Taco Grande, romaine lettuce, cheese sauce, WG chips, tomatoes, tator tots, applesauce, milk	BBQ Chicken, mashed potatoes, WG dinner roll, coleslaw, carrots, blueberries, milk	
2 Labor Day No School	3 Hamburger on WG bun, baked beans, French fries, applesauce, milk	4 Chicken & Noodles, Peas, Carrots, WG dinner roll, mixed fruit, milk	5 WG Spaghetti with meat sauce, bread sticks, green beans, pears, milk	6 WG Mac & Cheese, Romaine salad, Honey glazed carrots, peaches, milk
9 Chicken Nuggets, Baked Beans, French fries, mixed fruit, milk	10 Turkey Subs on WG bun, Sun Chips, Broccoli, Romaine lettuce, orange slices, milk	11 Walking Taco, Romaine lettuce, tomatoes, cheese, refried beans, French fries, peaches, milk	12 Pork Roast, mashed potatoes, gravy, WG dinner roll, corn, green pepper strips, pears, milk	13 Cheese Pizza, Romaine salad, carrot sticks, cucumbers, applesauce, milk
16 Chicken Patty, WG bun, coleslaw, Baked Beans, carrot sticks, peaches, milk	17 McRib Sandwich, WG bun, green beans, lettuce salad, applesauce, milk	18 Diced Chicken, mashed potatoes, gravy, WG dinner roll, corn, Sunshine salad, milk	19 Goulash, WG pasta, garlic sticks, peas, celery with peanut butter, peaches, milk	20 Fish Sandwich, WG bun, Romaine/Spinach salad, cheesy broccoli, pears, milk
23 Pork Patty, WG bun, baked beans, tri tators, pears, milk	24 Popcorn chicken, brown rice, red and green peppers, sweet and sour sauce, glazed carrots, mixed fruit, milk	25 Turkey, gravy, mashed potatoes, WG dinner roll, corn, peaches, milk	26 Tacos, Romaine lettuce, cheese, tator tots, applesauce, milk	27 Tuna Casserole, peas, WG dinner roll, Romaine spinach salad, sunshine salad, milk