

**St Marys School**

**Pre-k thru 12th**

# September

2022

**K-8**

| Sun       | Mon   | Tue  | Wed   | Thu   | Fri  | Sat       |
|-----------|---|--|---|---|--|-----------|
|           |   |  |   | <b>01</b>   | <b>02</b>  | <b>03</b> |
|           |   |  |   | <b>Bonless Chicken Wings</b><br>ketchup & Dressing<br>Chips<br>Romaine Lettuce & Carrots<br>Pineapple               | <b>Fish Sticks</b><br>Tatar Sauce<br>Dinner Roll<br>Coleslaw & Baked Beans<br>Pears                    |           |
| <b>04</b> | <b>05</b>   | <b>06</b>  | <b>07</b>   | <b>08</b>   | <b>09</b>  | <b>10</b> |
|           | NO SCHOOL   | <b>Chicken Nachos</b><br>Tortilla Chips<br>Shredded Cabbage & Corn<br>RanchaBoom! Sauce<br>Apple                           | <b>BBQ Chicken Sandwich</b><br>Coleslaw & Baked Beans<br>Chips<br>Pears                                 | <b>Cheesy Beef Steak</b><br>Biscuit<br>Romaine Lettuce & Dressing<br>Carrots<br>Peaches                             | <b>Cheese Omelet</b><br>Muffin<br>Hashbrown & Ketchup<br>Broccoli<br>Strawberries                      |           |
| <b>11</b> | <b>12</b>   | <b>13</b>  | <b>14</b>   | <b>15</b>   | <b>16</b>  | <b>17</b> |
|           | <b>Chicken Patty Sandwich</b><br>Potato Wedges & Ketchup<br>Romaine Lettuce & Dressing<br>Apple | <b>Turkey and Gravy</b><br>Mashed Potatoes<br>Dinner Roll<br>Green Beans<br>Fruit Mix                                      | <b>Chicken Nuggets</b><br>Ketchup<br>Chips<br>Carrots/Celery/Dressing<br>Pears                          | <b>Walking Beef Taco</b><br>Shredded Cheddar & Taco Sauce<br>Refried Beans & Shredded Lettuce<br>Tomatoes<br>Banana | <b>Cheese French Bread</b><br>Spaghetti Sauce<br>Romaine Lettuce & Dressing<br>Applesauce              |           |
| <b>18</b> | <b>19</b>   | <b>20</b>  | <b>21</b>   | <b>22</b>   | <b>23</b>  | <b>24</b> |
|           | <b>Hot Dog</b><br>French Fries & Coleslaw<br>Ketchup & Mustard<br>Chips<br>Apple                | <b>Chicken Enchilada Nachos</b><br>Shredded Cheddar & Taco Sauce<br>Shredded Lettuce & Tomatoes<br>Refried beans<br>Grapes | <b>Chicken &amp; Potato Pilaf</b><br>Cucumber & Dressing<br>Carrots<br>Applesauce                       | <b>Buffalo Chicken Sandwich</b><br>Romaine Salad & Dressing<br>Green Beans<br>Pineapple                             | <b>Macaroni &amp; Cheese</b><br>Peas<br>Mixed Vegetables<br>Peaches                                    |           |
| <b>25</b> | <b>26</b>   | <b>27</b>  | <b>28</b>   | <b>29</b>   | <b>30</b>  |           |
|           | NO SCHOOL   | <b>Crunchy Chicken Tenders</b><br>Ketchup<br>Baked Beans & Biscuit<br>Side Salad & Dressing<br>Fruit Mix                   | <b>Italian Chicken Pasta</b><br>Breadstick<br>Romaine Lettuce & Carrots<br>Shredded Mozzarella<br>Pears | <b>Corn Dog</b><br>Crispy Cubes & Coleslaw<br>Ketchup & Mustard<br>Banana   | <b>Beef Taco</b><br>Shredded Lettuce & Tomatoes<br>Shredded Cheddar<br>RanchaBoom! Sauce<br>Applesauce |           |

\* Variety of milk is offered with lunch each day



# Breakfast Menu

Sep 2022

St. Marys - St. Marys - K-5th Grade

| Monday  | Tuesday  | Wednesday   | Thursday   | Friday   |
|---|--|---|--|--|
| 29  | 30   | 31  | 1  | 2  |
|   |  |   | <b>Offering #1</b><br>Cereal Bar<br>Pancake<br>-Assorted Fruit<br>Juice Assorted<br>1% Flavored<br>1% White<br>Skim White      | <b>Offering #1</b><br>Cereal Bowl<br>Donut<br>-Assorted Fruit<br>Juice Assorted<br>1% Flavored<br>1% White<br>Skim White       |
| 5 No School   | 6  | 7   | 8  | 9  |
|   | <b>Offering #1</b><br>Muffin<br>Poptart<br>-Assorted Fruit<br>Juice Assorted<br>1% Flavored<br>1% White<br>Skim White        | <b>Offering #1</b><br>Cereal Bowl<br>Egg Scrambled*<br>-Assorted Fruit<br>Juice Assorted<br>1% Flavored<br>1% White<br>Skim White | <b>Offering #1</b><br>Cereal Bar<br>French Toast<br>-Assorted Fruit<br>Juice Assorted<br>1% Flavored<br>1% White<br>Skim White | <b>Offering #1</b><br>Cereal Bowl<br>Donut Holes<br>-Assorted Fruit<br>Juice Assorted<br>1% Flavored<br>1% White<br>Skim White |
| 12  | 13   | 14  | 15   | 16   |
| <b>Offering #1</b><br>Cereal Bowl<br>English Muffin<br>-Assorted Fruit<br>Juice Assorted<br>1% Flavored<br>1% White<br>Skim White | <b>Offering #1</b><br>Poptart<br>Yogurt*<br>-Assorted Fruit<br>Juice Assorted<br>1% Flavored<br>1% White<br>Skim White       | <b>Offering #1</b><br>Cereal Bowl<br>Egg Scrambled*<br>-Assorted Fruit<br>Juice Assorted<br>1% Flavored<br>1% White<br>Skim White | <b>Offering #1</b><br>Cereal Bar<br>Pancake<br>-Assorted Fruit<br>Juice Assorted<br>1% Flavored<br>1% White<br>Skim White      | <b>Offering #1</b><br>Cereal Bowl<br>Donut<br>-Assorted Fruit<br>Juice Assorted<br>1% Flavored<br>1% White<br>Skim White       |
| 19  | 20   | 21  | 22   | 23   |
| <b>Offering #1</b><br>Cereal Bowl<br>Toast<br>-Assorted Fruit<br>Juice Assorted<br>1% Flavored<br>1% White<br>Skim White          | <b>Offering #1</b><br>Poptart<br>String cheese<br>-Assorted Fruit<br>Juice Assorted<br>1% Flavored<br>1% White<br>Skim White | <b>Offering #1</b><br>Cereal Bowl<br>Egg Scrambled*<br>-Assorted Fruit<br>Juice Assorted<br>1% Flavored<br>1% White<br>Skim White | <b>Offering #1</b><br>Cereal Bar<br>French Toast<br>-Assorted Fruit<br>Juice Assorted<br>1% Flavored<br>1% White<br>Skim White | <b>Offering #1</b><br>Cereal Bowl<br>Donut Holes<br>-Assorted Fruit<br>Juice Assorted<br>1% Flavored<br>1% White<br>Skim White |
| 26 No School  | 27   | 28  | 29   | 30   |
|   | <b>Offering #1</b><br>Poptart<br>Yogurt*<br>-Assorted Fruit<br>Juice Assorted<br>1% Flavored<br>1% White<br>Skim White       | <b>Offering #1</b><br>Cereal Bowl<br>Egg Scrambled*<br>-Assorted Fruit<br>Juice Assorted<br>1% Flavored<br>1% White<br>Skim White | <b>Offering #1</b><br>Cereal Bar<br>Pancake<br>-Assorted Fruit<br>Juice Assorted<br>1% Flavored<br>1% White<br>Skim White      | <b>Offering #1</b><br>Cereal Bowl<br>Donut<br>-Assorted Fruit<br>Juice Assorted<br>1% Flavored<br>1% White<br>Skim White       |