



SCHOOL LUNCH MENU

Mount Saint Mary

September
2018

*Choose your side
and make it a meal!*

Vegetable of the day
Roasted potatoes
French fries
Mixed salad
Mashed potatoes
Onion rings
Rice of the day
Beans of the day
Fruit Cup
Sm soup

Fresh fruit of the day
(Apple, Orange, Pear)

*Side choices depend on
Entrées for that day.*

*Thank you for
your
participation!*

	Monday	Tuesday	Wednesday	Thursday	Friday
3	Labor Day School Closed	4	5 Chicken Quesadilla Meat Ball Hero Lo-Mein Buffalo Wings	6 Chicken Tenders Pulled Pork Sandwich Grilled Hot Dog Baked Ziti	7 Personal Pizza Penne vodka Beef Stir-fry Mozzarella Sticks Chicken Nuggets
10	Chicken Parm Sausage & Pepper Macaroni & Cheese Turkey BLT Wrap Roasted Chicken Dinner	11 Chicken Marsala Cheese Ravioli Chicken & Waffles Walking Taco Pizza Nuggets	12 Half Day Light Lunch	13 Philly Cheese Steak Popcorn Chicken Pasta w/ broccoli Pepper Steak Potato Knish	14 Personal Pizza Chicken Tenders Mozzarella Sticks Grilled mac & Cheese Pasta Vodka
17	Hawaiian Chicken Teriyaki Jamaican Beef Patty Spicy Turkey Melt Chicken Tenders Cowboy Burger	18 Lemon Chicken Dinner Meat Lasagna Popcorn chicken Pizza nuggets French Toast w/ Bacon	19 Fish Taco's Chicken Parm Mongolian Beef Stir-Fry Vegetable Lo-Mein Pizza Nuggets	20 Chicken Bacon Ranch Hamburger / Cheeseburger Chicken Marsala Pasta w/ garlic & Oil Mac & Cheese wedges	21 Personal Pizza Chicken Nuggets Mozzarella Sticks Tortellini Alfredo Creamy Tuscan Chicken
24	Buffalo Chicken Sandwich Chicken Francese Turkey Club Pasta Primavera Steak Quesadilla's	25 Meatloaf Dinner Shredded Chicken Panini Chicken Tenders Beef Burrito Grilled Hot Dog	26 Spicy roast beef panini French Toast w/ bacon Lasagna w/garlic bread Chicken quesadilla Mac & cheese wedges	27 Popcorn chicken Pulled pork sliders Turkey BLT wrap Vegetable lo-mein Pizza Egg roll	28 Personal Pizza Mozzarella Sticks Chicken Nuggets Penne vodka Grilled Cheese