



SCHOOL LUNCH MENU

Mount Saint Mary

September
2019

*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
2	Labor Day School Closed	3 Cafeteria Closed	4 Bow Tie Pasta w/ chicken Philly Cheese Steak Popcorn Chicken Bacon Cheese Burger	5 Chicken Quesadilla Baked Ziti Buffalo Wings Spicy Turkey Melt	6 Personal Pizza Chicken Nuggets Mozzarella sticks Penne Vodka
9	Meatball Sub Chicken Parm Macaroni & Cheese Pulled Pork Sandwich	10 Popcorn chicken Tortellini Alfredo Ham & Cheese Panini Sausage & Pepper	11 Lite Lunch Half Day	12 Chicken Tenders Grilled Hot Dog Pasta w/ broccoli Mac & Cheese wedges	13 Pizza Penne vodka Chicken Stir-fry Mozzarella Sticks French Toast / sausage
16	Fried Chicken Spaghetti with garlic/oil Taco Salad bowl Grilled Cheese	17 Chicken Marsala Cheese Ravioli Chicken & Waffles Pizza Nuggets	18 Turkey Panini Stuffed Shells Chicken Tenders Beef & Broccoli	19 Philly Cheese Steak Popcorn Chicken Lasagna w/ meat sauce Grilled Hot Dog	20 Personal Pizza Mozzarella Sticks Chicken Nuggets Penne vodka Grilled Cheese
23	Chicken stir fry Jamaican Beef Patty Spicy Turkey Melt Chicken Tenders Cowboy Burger	24 Lemon Chicken Dinner Stuffed Shells Popcorn chicken Pizza nuggets French Toast w/ Bacon	25 Fish Taco's Chicken Parm Mongolian Beef Stir-Fry Vegetable Lo-Mein Pizza Nuggets	26 Chicken Bacon Ranch Hamburger / Cheeseburger Chicken Marsala Pasta w/ garlic & Oil Mac & Cheese wedges	27 Personal Pizza Chicken Nuggets Mozzarella Sticks Creamy Tuscan Chicken w/ pasta
30	Lo-Mein Chicken Cutlet Platter Philly Cheese Steak Grilled Cheese w/Bacon Pizza Nuggets				