

ST. MARY'S ELEMENTARY

SEPTEMBER LUNCH MENU 2023

Everyday Options:

Hamburger
or
Cheeseburger
w/ Chips
& Daily Veggie

Cheese Pizza
w/ Chips
& Daily Veggie

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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4 Labor Day	5 Mexican Lasagna (Ground Meat, Refried Beans, Cheese & Tortillas) w/ Spanish Rice, & Roasted Corn <u>Healthy Option:</u> Taco Salad W/ Taco Meat, Lettuce, Diced Tomatoes, Shredded Cheddar, Roasted Corn, & Ranch Dressing	6 Spaghetti & Meat Sauce w/ Garlic Bread & Steamed Veggies <u>Healthy Option:</u> Grilled Chicken Caesar Salad (Lettuce, Grilled Chicken, Parmesan Cheese, Croutons, Caesar Dressing)	7 Chicken Parmesan w/ Marinara, Vegetable Medley, & Cheese Stick <u>Healthy Option:</u> Baked Potato (w/ Bacon, Cheese, Sour Cream, Butter, & BBQ Sauce)	8 Pancakes w/ Sausage Patty, Breakfast Potatoes, & Fruit <u>Healthy Option:</u> Grilled Steak Dinner w/ Mashed Potatoes & Steamed Veggies
11 Chicken Fried Chicken w/ Mashed Potatoes & Green Beans <u>Healthy Option:</u> Crispy Chicken Salad (Lettuce, Crispy Chicken, Roasted Corn, Tomatoes, Cucumber, Cheese, Ranch Dressing)	12 Chicken & Cheese Quesadillas w/ Ranch Style Beans, & Spanish Rice <u>Healthy Option:</u> Taco Salad W/ Taco Meat, Lettuce, Diced Tomatoes, Shredded Cheddar, Roasted Corn, & Ranch Dressing	13 Cheese Ravioli w/ Garlic Bread & Caesar Salad <u>Healthy Option:</u> Grilled Chicken Caesar Salad (Lettuce, Grilled Chicken, Parmesan Cheese, Croutons, Caesar Dressing)	14 Crispy Chicken Sandwich w/ Chips & Veggies w/ Ranch <u>Healthy Option:</u> Baked Potato (w/ Bacon, Cheese, Sour Cream, Butter, & BBQ Sauce)	15 French Toast Sticks w/ Sausage Patty, Breakfast Potatoes, & Fruit <u>Healthy Option:</u> Grilled Steak Dinner w/ Mashed Potatoes & Steamed Veggies
18 Chicken Nuggets w/ French Fries & Green Beans <u>Healthy Option:</u> Crispy Chicken Salad (Lettuce, Crispy Chicken, Roasted Corn, Tomatoes, Cucumber, Cheese, Ranch Dressing)	19 Bean & Cheese Burritos W/ Roasted Corn & Spanish Rice <u>Healthy Option:</u> Taco Salad W/ Taco Meat, Lettuce, Diced Tomatoes, Shredded Cheddar, Roasted Corn, & Ranch Dressing	20 Beef & Cheese Lasagna w/ Garlic Bread & Steamed Veggies <u>Healthy Option:</u> Grilled Chicken Caesar Salad (Lettuce, Grilled Chicken, Parmesan Cheese, Croutons, Caesar Dressing)	21 Grilled Cheese Sandwich w/ Chicken Noodle Soup & Chips <u>Healthy Option:</u> Baked Potato (w/ Bacon, Cheese, Sour Cream, Butter, & BBQ Sauce)	22 Donut Holes w/ Sausage Patty, Breakfast Potatoes, & Fruit <u>Healthy Option:</u> Grilled Steak Dinner w/ Mashed Potatoes & Steamed Veggies
25 Popcorn Chicken w/ Mashed Potatoes & Green Beans <u>Healthy Option:</u> Crispy Chicken Salad (Lettuce, Crispy Chicken, Roasted Corn, Tomatoes, Cucumber, Cheese, Ranch Dressing)	26 Mexican Lasagna (Ground Meat, Refried Beans, Cheese & Tortillas) w/ Spanish Rice, & Roasted Corn <u>Healthy Option:</u> Taco Salad W/ Taco Meat, Lettuce, Diced Tomatoes, Shredded Cheddar, Roasted Corn, & Ranch Dressing	27 Spaghetti & Meat Sauce w/ Garlic Bread & Caesar Salad <u>Healthy Option:</u> Grilled Chicken Caesar Salad (Lettuce, Grilled Chicken, Parmesan Cheese, Croutons, Caesar Dressing)	28 Chicken Parmesan w/ Marinara, Vegetable Medley, & Cheese Stick <u>Healthy Option:</u> Baked Potato (w/ Bacon, Cheese, Sour Cream, Butter, & BBQ Sauce)	29 Waffles w/ Breakfast Potatoes, Sausage Patty, & Fruit <u>Healthy Option:</u> Grilled Steak Dinner w/ Mashed Potatoes & Steamed Veggies