

ST. MARY'S ELEMENTARY

JANUARY LUNCH MENU 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

2

3

4

5

8

9

10

11

12

Chicken Tenders w/ French Fries & Green Beans

Cheese Quesadillas w/ Roasted Corn & Spanish Rice

Chicken Alfredo w/ Garlic Bread & Steamed Veggies

Meatball Sub w/ Steamed Veggies & Chips

French Toast Sticks w/ Sausage Patty, Breakfast Potatoes, & Fruit

Healthy Option:

Crispy Chicken Salad (Lettuce, Crispy Chicken, Roasted Corn, Tomatoes, Cucumber, Cheese, Ranch Dressing)

Healthy Option:

Taco Salad w/ Taco Meat, Lettuce, Diced Tomatoes, Shredded Cheddar, Roasted Corn, & Ranch Dressing

Healthy Option:

Grilled Chicken Caesar Salad (Lettuce, Grilled Chicken, Parmesan Cheese, Croutons, Caesar Dressing)

Healthy Option:

Baked Potato (w/ Bacon, Cheese, Sour Cream, Butter, & BBQ Sauce)

Healthy Option:

Grilled Steak Dinner w/ Mashed Potatoes & Steamed Veggies

15

16

17

18

19

Cheese Enchiladas w/ Ranch Style Beans & Spanish Rice

Three Cheese Tortellini w/ Garlic Bread & Caesar Salad

Grilled Cheese Sandwich w/ Vegetable Medley & French Fries

Donut Holes w/ Sausage Patty, Breakfast Potatoes, & Fruit

Healthy Option:

Taco Salad w/ Taco Meat, Lettuce, Diced Tomatoes, Shredded Cheddar, Roasted Corn, & Ranch Dressing

Healthy Option:

Grilled Chicken Caesar Salad (Lettuce, Grilled Chicken, Parmesan Cheese, Croutons, Caesar Dressing)

Healthy Option:

Baked Potato (w/ Bacon, Cheese, Sour Cream, Butter, & BBQ Sauce)

Healthy Option:

Grilled Steak Dinner w/ Mashed Potatoes & Steamed Veggies

22

23

24

25

26

Popcorn Chicken w/ Mac N Cheese & Green Beans

Beef & Cheese Quesadillas w/ Spanish Rice & Steamed Veggies

Spaghetti & Meat Sauce w/ Garlic Bread & Steamed Veggies

Chicken Parmesan w/ Marinara, Vegetable Medley, & Cheese Stick

Pancakes w/ Sausage Patty, Breakfast Potatoes, & Fruit

Healthy Option:

Crispy Chicken Salad (Lettuce, Crispy Chicken, Roasted Corn, Tomatoes, Cucumber, Cheese, Ranch Dressing)

Healthy Option:

Taco Salad w/ Taco Meat, Lettuce, Diced Tomatoes, Shredded Cheddar, Roasted Corn, & Ranch Dressing

Healthy Option:

Grilled Chicken Caesar Salad (Lettuce, Grilled Chicken, Parmesan Cheese, Croutons, Caesar Dressing)

Healthy Option:

Baked Potato (w/ Bacon, Cheese, Sour Cream, Butter, & BBQ Sauce)

Healthy Option:

Grilled Steak Dinner w/ Mashed Potatoes & Steamed Veggies

29

30

31

Chicken Fried Chicken w/ Mashed Potatoes & Green Beans

Chicken & Cheese Quesadillas w/ Ranch Style Beans, & Spanish Rice

Cheese Ravioli w/ Garlic Bread & Caesar Salad

Healthy Option:

Crispy Chicken Salad (Lettuce, Crispy Chicken, Roasted Corn, Tomatoes, Cucumber, Cheese, Ranch Dressing)

Healthy Option:

Taco Salad w/ Taco Meat, Lettuce, Diced Tomatoes, Shredded Cheddar, Roasted Corn, & Ranch Dressing

Healthy Option:

Grilled Chicken Caesar Salad (Lettuce, Grilled Chicken, Parmesan Cheese, Croutons, Caesar Dressing)

Everyday Options:

Hamburger
or
Cheeseburger
w/ Chips
& Daily Veggie

Cheese Pizza
w/ Chips
& Daily Veggie