ST. MARY'S	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4	5
ELEMENTARY					
]
JANUARY	8	9	10	11	12
LUNCH MENU	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
2024	<u> Healthy Option:</u>	<u> Healthy Option:</u>	Healthy Option:	<u> Healthy Option:</u>	Ì
2027	Crispy Chicken Salad (Lettuce, Crispy Chicken, Roasted Corn,	Taco Salad w/ Taco Meat, Lettuce, Diced Tomatoes,	Grilled Chicken Caesar Salad (Lettuce, Grilled Chicken,	Baked Potato (w/ Bacon,	Healthy Option: Grilled Steak Dinner w/
	Tomatoes, Cucumber, Cheese, Ranch Dressing)	Shredded Cheddar, Roasted Corn, & Ranch Dressing	Parmesan Cheese, Croutons, Caesar Dressing)	Cheese, Sour Cream, Butter, & BBQ Sauce)	Mashed Potatoes & Steamed Veggies
	ranch bressing)	Com, & Ranch Diessing) 	 	Steamed veggies
	15			18	19
Everyday Options:		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
Hamburger		<u>Healthy Option:</u> Taco Salad w/ Taco Meat,	Healthy Option: Grilled Chicken Caesar Salad		Healthy Option:
J		Lettuce, Diced Tomatoes, Shredded Cheddar, Roasted	(Lettuce, Grilled Chicken,	Baked Potato (w/ Bacon,	Grilled Steak Dinner w/
or		Corn, & Ranch Dressing	Parmesan Cheese, Croutons, Caesar Dressing)	Cheese, Sour Cream, Butter, & BBQ Sauce)	Mashed Potatoes & Steamed Veggies
Cheeseburger	! }	 		 	
w/ Chips		23	24 Spaghetti & Meat Sauce w/		26
& Daily Veggie	Popcorn Chicken w/ Mac N Cheese & Green Beans	Beef & Cheese Quesadillas w/ Spanish Rice & Steamed Veggies	Garlic Bread & Steamed Veggies	Chicken Parmesan w/ Marinara, Vegetable Medley, & Cheese Stick	Pancakes w/ Sausage Patty, Breakfast Potatoes, & Fruit
	<u>Healthy Option:</u> Crispy Chicken Salad (Lettuce,		<u> Healthy Option:</u>	<u> Healthy Option:</u>	Healthy Option:
	Crispy Chicken, Roasted Corn, Tomatoes, Cucumber, Cheese,	Lettuce, Diced Tomatoes,	Grilled Chicken Caesar Salad (Lettuce, Grilled Chicken,	Baked Potato (w/ Bacon, Cheese, Sour Cream, Butter, &	Grilled Steak Dinner w/
w/ Chips	Ranch Dressing)	Shredded Cheddar, Roasted Corn, & Ranch Dressing	Parmesan Cheese, Croutons, Caesar Dressing)	BBQ Sauce)	Steamed Veggies
& Daily Veggie	29	30	31		
	Chicken Fried Chicken w/	Chicken & Cheese Quesadillas	Cheese Ravioli w/ Garlic Bread		
	Mashed Potatoes & Green Beans	w/ Ranch Style Beans, & Spanish Rice	& Caesar Salad		
	<u>Healthy Option:</u> Crispy Chicken Salad (Lettuce,	<u>Healthy Option:</u> Taco Salad w/ Taco Meat,	<u>Healthy Option:</u> Grilled Chicken Caesar Salad		
	Crispy Chicken, Roasted Corn,	Lettuce, Diced Tomatoes,	(Lettuce, Grilled Chicken, Parmesan Cheese, Croutons,		
	Tomatoes, Cucumber, Cheese, Ranch Dressing)	Corn, & Ranch Dressing	Caesar Dressing)		
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