

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> CHRISTMAS BREAK NO SCHOOL	<b>3</b> CHRISTMAS BREAK NO SCHOOL	<b>4</b> *CHICKEN PATTY ON BUN 30g Carrots 0g Fresh fruit Milk	<b>5</b> *SALISBURY STEAK 9g Mashed potatoes 13g Dinner Roll 21g Fruit Milk	<b>6</b> *OMELETS 2g Hash brown 15g PANCAKES 29g Juice box 30g Milk
<b>9</b> *HAM & CHEESE ROLL UPS 8g Cauliflower & Carrots 0g Fruit Milk	<b>10</b> *TURKEY & NOODLES Mashed potatoes 13g Dinner roll 21g Pineapple 20g Milk	<b>11</b> *FISH STICKS 8g Green beans 5g Muffin 20g Fruit Milk	<b>12</b> *TACO MEAT, CHEESE & TORTILLA CHIPS Romaine salad 0g Crackers 4g Fruit Milk	<b>13</b> *PIGS IN A BLANKET 30g Tater tots 20g Fruit Milk
<b>16</b> Martin Luther King, Jr. Day NO SCHOOL	<b>17</b> *PEPPERONI PIZZA 34g Green beans 5g Peaches 14g Milk	<b>18</b> *BBQ BEEF ON BUN Tater tots 20g Applesauce 20g Milk	<b>19</b> *GRILLED CHEESE SANDWICH 8g Tomato soup 16g Crackers 4g Pear 16g Milk	<b>20</b> *SOFT TACO 20g Romaine salad 0g Pineapple 20g Milk
<b>23</b> *CHICKEN & NOODLES 8g Mashed potatoes 13g Dinner roll 21g Fruit Milk	<b>24</b> *LASAGNA W/MEAT SAUCE 19g Bread stick 12g Green beans 5g Pears 16g Milk	<b>25</b> *SAUSAGE PATTY 2g Hash brown 15g Juice box 30g French toast sticks 29g Milk	<b>26</b> *PIZZA ROLL-UP WITH DIPPING SAUCE 15g Carrots & broccoli 0g Peaches 14g Milk	<b>27</b> *CHEESE RAVIOLI 9g BREAD STICK 13g CORN Fruit Milk
<b>30</b> *MACARONI & CHEESE 40g Green beans 5g Muffin 30g Fresh fruit Milk	<b>3</b> *PULLED PORK SANDWICH Baked beans 24g Applesauce 20g Milk	<b>*SUBSTITUTES:</b> January 4-13: Corn Dog 30g January 17-31: Chicken Nuggets 23g Peanut Butter Sandwich 34g	<b>Carbohydrates in Grams:</b> White Milk 1% 13g Chocolate Milk Fat Free 20g $\frac{1}{2}$ Banana 14g Apple 22g Orange 11g	<b>Lunch Pricing:</b> \$3.00 Lunch \$0.75 Milk

Website: stmarysvanwert.com • Phone: 419-238-5186 • Menu subject to unexpected changes

USDA is an equal opportunity provider and employer

**School Activities Calendar on Reverse**

**St. Mary's School January 2023 \*Lunch Menu\***