

St. Mary's School *September 2021* Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Carbohydrates in Grams: White Milk 1% 13g Chocolate Milk Fat Free 20g ½ Banana 14g Apple 22g Orange 11g Carrots 0g	Applesauce 20g Pears 16g Romaine Lettuce Salad 0g Pineapple 20g Green Beans 5g Baked Beans 25g Refried Beans 18g	1 *FISH STICKS 17g Green beans Peaches Milk	2 *CHICKEN PATTY ON A BUN 30g Baked beans Applesauce Milk	3 *TACO MEAT, CHEESE, & TORTILLA CHIPS 24g Romaine lettuce salad Fresh fruit Milk
6 Labor Day No School	7 *CHICKEN FAJITA 32g Romaine salad Peaches Milk	8 *HOT DOG ON A BUN 23g Corn Pear Milk	9 *CHEESEBURGER ON A BUN 30g Broccoli & carrots Applesauce Milk	10 *SALISBURY STEAK 9g Mashed potatoes 16g Dinner Roll Fresh fruit Milk
13 *PIGS IN A BLANKET 23g (crescent roll & hot dog) Tater tots 20g Applesauce Milk	14 *CHICKEN & NOODLES 21g Mashed potatoes 13g Dinner roll 21g Apricots Milk	15 *PEPPERONI PIZZA 17g Green beans Peaches Milk	16 *CORN DOG 30g Baked beans Fresh fruit Milk	17 *CHICKEN NUGGETS Carrots Applesauce Milk
20 *SALISBURY STEAK 9g Mashed potatoes 16g Dinner roll Fresh fruit Milk	21 *POPCORN CHICKEN 8g Carrots Peaches Granola bar Milk	22 *MAC & CHEESE 40g Green beans Muffin 30g Fruit Milk	23 *SAUSAGE PATTIES 2g Hash browns 15g Juice box 30g Cinnamon roll 32g Milk	24 *TACO MEAT, CHEESE & CHIPS 32g Romaine lettuce Fruit Milk
27 *CHEESEBURGER ON BUN 30g Tater tots 20g Applesauce Milk	28 *BBQ Beef on Bun 32g Carrots Pineapple Milk	29 *LASAGNA 19g Green beans Bread stick Peaches Milk	30 *BBQ BEEF ON A BUN Tater tots 20g Pears Milk	SUBSTITUTES* September 1-10 Chicken Nuggets 5g September 13-30 Hot Dog 23g Lunch Price (includes a milk): \$2.85 Milk Price (for packers): \$.50 Adult Price (includes a milk): \$3.00 USDA is an equal opportunity provider and employer. **menu subject to unexpected changes**