



**ST. MARY'S
LUNCH
AUGUST/SEPTEMBER 2019**



Monday 8/26	Tuesday 8/27	Wednesday 8/28	Thursday 8/29	Friday 8/30
NO SCHOOL	NO SCHOOL	Fish & Cheese Sandwich Ham & Cheese Sandwich Cranberry Apple Salad with Granola Cilantro Lime Cole Slaw Emoji Fries Chilled Mixed Fruit	Penne Pasta with Sauce, Cheese and Garlic Roll Ham & Cheese Sandwich Cranberry Apple Salad with Granola Caesar Salad White Bean Salad Cheddar Goldfish Chilled Mixed Fruit	Fresh Baked Cheese or Pepperoni Pizza Ham & Cheese Sandwich Cranberry Apple Salad with Granola Caesar Salad White Bean Salad Chilled Mixed Fruit
9/2	9/3 Hot Dog	9/4	9/5	9/6
NO SCHOOL	Turkey & Cheese Sandwich Grilled Chicken Caesar Salad with Dinner Roll Black Bean Salad Zucchini Coins Applesauce	Steak & Cheese Sandwich Turkey & Cheese Sandwich Grilled Chicken Caesar Salad with Dinner Roll Black Bean Salad Roasted Potatoes Applesauce	Chicken Pasta Alfredo with Dinner Roll Turkey & Cheese Sandwich Grilled Chicken Caesar Salad with Dinner Roll Grape Tomatoes Spinach Salad with Honey Mustard Rice Krispies Treat Applesauce	Fresh Baked Cheese or BBQ Chicken Pizza Turkey & Cheese Sandwich Grilled Chicken Caesar Salad with Dinner Roll Grape Tomatoes Spinach Salad with Honey Mustard Applesauce
9/9	9/10	9/11	9/12	9/13
Chicken Nuggets with Vegetable Rice Pilaf Italian Sandwich Asian Grilled Chicken Salad with Dinner Roll Baby Carrots Caesar Salad Chilled Pears	Cheesy Dunkers with Marinara and Caesar Salad Italian Sandwich Asian Grilled Chicken Salad with Dinner Roll Baby Carrots Caesar Salad Chilled Pears	French Toast with Pork Sausage and Syrup Italian Sandwich Asian Grilled Chicken Salad with Dinner Roll Home Fries Baby Carrots Chilled Pears	Chicken Rice Bowl with Dinner Roll Italian Sandwich Asian Grilled Chicken Salad with Dinner Roll Celery Sticks Three Bean & Mozz. Salad Scooby Snacks Chilled Pears	Fresh Baked Cheese or Buffalo Chicken Pizza Italian Sandwich Asian Grilled Chicken Salad with Dinner Roll Celery Sticks Three Bean & Mozz. Salad Chilled Pears
9/16	9/17	9/18	9/19	9/20
Chicken Patty Sandwich Tuna on Goldfish Bread with Cracker Crispy Chicken Salad with Dinner Roll Steamed Asian Veg. Blend Grape Tomatoes Chilled Peaches	Pulled Pork Slider with Cole Slaw Tuna on Goldfish Bread with Cracker Crispy Chicken Salad with Dinner Roll Roasted Sweet Potato Black Bean Salad Chilled Peaches	Popcorn Chicken Bowl with Mashed Potatoes and Gravy Tuna on Goldfish Bread with Cracker Crispy Chicken Salad with Dinner Roll Pepper Strips Steamed Corn Chilled Peaches	Chicken Quesadilla with Yellow Rice Tuna on Goldfish Bread with Cracker Crispy Chicken Salad with Dinner Roll Black Bean Salad Steamed Broccoli Rice Krispies Treat Chilled Peaches	Fresh Baked Cheese or Hawaiian Pizza Tuna on Goldfish Bread with Cracker Crispy Chicken Salad with Dinner Roll Grape Tomatoes Cucumber Coins Chilled Peaches
9/23	9/24	9/25	9/26	9/27
Cheeseburger Ham & Cheese Sandwich Cranberry Apple Salad with Granola Emoji Fries Baked Beans Chilled Mixed Fruit	Teriyaki Glazed Chicken with Veggie Fried Rice Ham & Cheese Sandwich Cranberry Apple Salad with Granola Baby Carrots Zucchini Coins Chilled Mixed Fruit	Grilled Cheese and Bacon Sandwich Ham & Cheese Sandwich Cranberry Apple Salad with Granola Baby Carrots Roasted Zucchini Chocolate Chip Cookie Chilled Mixed Fruit	Spaghetti with Meatballs and Garlic Roll Ham & Cheese Sandwich Cranberry Apple Salad with Granola Side Salad Baby Carrots Chilled Mixed Fruit	Fresh Baked Cheese or Pepperoni Pizza Ham & Cheese Sandwich Cranberry Apple Salad with Granola Side Salad Roasted Cauliflower Chilled Mixed Fruit

1% AND FAT FREE FLAVORED MILK OFFERED DAILY
SUN BUTTER & JELLY AND CHEESE SANDWICH OFFERED AS AN ALTERNATIVE DAILY
FRESH FRUIT OFFERED DAILY

PLEASE INFORM YOUR SERVER OF ANY FOOD ALLERGIES

Menu items are subject to change



**SPRINGFIELD PUBLIC SCHOOLS
PRE-K LUNCH
SEPTEMBER 2019**



Monday	Tuesday	Wednesday	Thursday	Friday
8/26	8/27	8/28	8/29	8/30
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
9/2	9/3	9/4	9/5	9/6
NO SCHOOL	NO SCHOOL	Steak & Cheese Sandwich Turkey & Cheese Sandwich Black Bean Salad, Roasted Potatoes, Applesauce	Chicken Pasta Alfredo with Dinner Roll Turkey & Cheese Sandwich Baby Carrots, Spinach Salad with Honey Mustard Rice Krispies Treat, Applesauce	Fresh Baked Cheese Pizza Turkey & Cheese Sandwich Baby Carrots, Spinach Salad with Honey Mustard, Applesauce
9/9	9/10	9/11	9/12	9/13
Chicken Nuggets with Vegetable Rice Pilaf Italian Sandwich Baby Carrots Caesar Salad Chilled Pears	Cheesy Dunkers with Marinara Sauce and Caesar Salad Italian Sandwich Baby Carrots Caesar Salad Chilled Pears	French Toast with Pork Sausage and Syrup Italian Sandwich Home Fries Baby Carrots Chilled Pears	Chicken Rice Bowl with Dinner Roll Italian Sandwich Celery Sticks Three Bean & Mozz. Salad Scooby Snacks Chilled Pears	Fresh Baked Cheese or Buffalo Chicken Pizza Italian Sandwich Celery Sticks Three Bean & Mozz. Salad Chilled Pears
9/16	9/17	9/18	9/19	9/20
Chicken Patty Sandwich Tuna on Goldfish Bread with Cracker Steamed Asian Veg. Blend Baby Carrots Chilled Peaches	Pulled Pork Slider with Cole Slaw Tuna on Goldfish Bread with Cracker Roasted Sweet Potato Black Bean Salad Chilled Peaches	Popcorn Chicken Bowl with Mashed Potatoes and Gravy Tuna on Goldfish Bread with Cracker Pepper Strips Steamed Corn Chilled Peaches	Chicken Quesadilla with Yellow Rice Tuna on Goldfish Bread with Cracker Black Bean Salad Steamed Broccoli Rice Krispies Treat Chilled Peaches	Fresh Baked Cheese or Hawaiian Pizza Tuna on Goldfish Bread with Cracker Baby Carrots Cucumber Coins Chilled Peaches
9/23	9/24	9/25	9/26	9/27
Cheeseburger Ham & Cheese Sandwich Emoji Fries Baked Beans Chilled Pears	Teriyaki Glazed Chicken with Veggie Fried Rice Ham & Cheese Sandwich Baby Carrots Zucchini Coins Chilled Pears	Grilled Cheese and Bacon Sandwich Ham & Cheese Sandwich Baby Carrots Roasted Zucchini Chocolate Chip Cookie Chilled Pears	Spaghetti with Meatballs and Garlic Roll Ham & Cheese Sandwich Side Salad Baby Carrots Chilled Pears	Fresh Baked Cheese or Pepperoni Pizza Ham & Cheese Sandwich Side Salad Roasted Cauliflower Chilled Pears
1% AND FAT FREE MILK OFFERED DAILY CHEESE SANDWICH OFFERED AS AN ALTERNATIVE DAILY FRESH FRUIT OFFERED DAILY				
PLEASE INFORM YOUR SERVER OF ANY FOOD ALLERGIES		Menu items are subject to change		