

**St. Mary's Elementary School
Hot Lunch Program Menu 2016-2017**



<i>Day:</i>	Week 1	Week 2	Week 3	Week 4	Week 5
Monday	Sloppy Joe on Whole Wheat Hamburger Bun, Green Beans	Baked Ham, Mashed Potatoes and Corn	Roast Beef Mashed Potatoes Veggies	Baked Pork Chops, Mashed Potato and Carrots	Lasagna Caesar Salad Toast
Tuesday	Pizza, Veggies and Dip	Macaroni and Cheese, Chicken drumsticks Veggies and Dip	Cream of Mushroom Soup, Pizza Pretzel	Pizza, Veggies & Dip	Chilli and Bannock
Wednesday	Meat Balls and Gravy Oven Rice with Mixed Vegetables	Spaghetti and Meat Sauce, Caesar Salad	Cheese Burger and Fries	Meat Balls and Gravy Oven Rice with Mixed Vegetables	Perogies and Sausages,
Thursday	Shepherd's Pie, Tossed Salad	Wiener Wrap Veggies and Dip	Pizza, Veggies & Dip	Chicken Vegetable Soup, Bologna Sandwich	Tomato (or Cream of Mushroom) Soup Chicken Wraps
Friday	Chicken Breast Burgers, with Cheese, Tomatoes and Lettuce	Pizza Veggies and dip	Shepherd's Pie, Veggies	Shake and Bake Chicken Drumsticks or thighs, Mashed Potatoes, Veggies	Cook's Choice!

Milk is served every day (usually chocolate).

A Morning Snack is served before first recess (~10:15am). Snacks consist of the following regular items: Fruit, Muffins (different flavours), Rice Crispy Squares, Puffed Wheat Squares, Cheese and Crackers, and Molasses Cookies. Occasionally, chocolate pudding, yogurt tubes or fruit cups may be served. Parents are encouraged to send lunch on the days when items are served that your child does not like. Parents are also welcome to send extra recess snacks, if your children would like.

Each morning baskets of fruit (and sometimes veggies) are placed throughout the school, for any students who'd like one before classes start.

**Menu is subject to change; a new one would be sent home with all students if this were to happen.*