

October 2021

Saint Mary's Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DID YOU KNOW?

National Fire Prevention Week falls during the week of October 9th each year. It commemorates the Great Chicago Fire of 1871.



1
8g Strawberry Go-gurt;
27g Cinnamon Muffin,
3g Celery Sticks,
1g dip,
10g Strawberries
12g Ranch Roasted Chickpeas

4
35g Peanut Butter Apple Wrap
5.5g Broccoli Bites
14g Cheeze Its
22g Green Grapes

5
27g Ham & cheese sandwich
3g Celery Sticks
14g Goldfish,
10g Fresh Blueberries

6
23g BBQ Chicken Salad w/tomato & cucumber
9g Clementine
31g WG Cookie

7
Parfait Day!
14g Yogurt,
20g Granola,
18g Strawberry, Blueberry, Mango
43g Pumpkin Bread

8
Pizza
Lunch

11
32g Taco Salad w/Chips
6g Salsa
1g Ranch Dressing
21g Graham Cracker
14g Red Grapes

12
K of C
Hot dog
Lunch

13
23g Chicken Fajita Wrap
20g Pineapple
5.5g Broccoli Bites,
31g WG Cookie

14
32g Strawberry Pb&J Sandwich
13g Pretzels
1g String Cheese
18g sliced apples
18g Hummus

15
8g Strawberry Go-gurt;
27g Chocolate Muffin,
3g Celery Sticks,
1g dip,
18g sliced apples
12g Ranch Roasted Chickpeas

18
35g Peanut Butter Apple Wrap
5.5g Broccoli Bites
14g Cheeze Its
22g Green Grapes

19
27g Ham & cheese sandwich
3g Celery Sticks
14g Goldfish,
10g Fresh Blueberries

20
23g BBQ Chicken Salad w/tomato & cucumber
9g Clementine
31g WG Cookie

21
½ day
No Lunch
Conferences

22
No
School

25
NO
LUNCH
Offered

26
41g Turkey & Cheese lunch kit
4g Baby Carrots
25g Fresh Pear
9g Mini rice treat

27
23g Chicken Fajita Wrap
20g Pineapple
5.5g Broccoli Bites,
31g WG Cookie

28
Parfait Day!
14g Yogurt,
20g Granola,
18g Strawberry, Blueberry, Mango
43g Pumpkin Bread

29
8g Strawberry Go-gurt;
27g Blueberry Muffin,
3g Celery Sticks,
1g dip,
10g Strawberries
12g Ranch Roasted Chickpeas

PRICING

Meals are FREE for all students.

Adult Breakfast: \$2.50
Adult Lunch: \$4.00

Milk Choice

Milk is available for all meals

24g Non-fat Chocolate Milk
11g 1% White Milk

BOLD #S= CARB COUNTS

School Info

Supply Chain Notice

Due to nationwide supply chain disruptions, menus are subject to change at short notice.

PPPS is an equal opportunity employer