

# St. Mary Catholic Schools

SMCS High School

JANUARY

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 3  CHICKEN PATTY/ BUN BONELESS WINGS CHEF SALAD FRUIT BOWL HAM & SWISS SUB PBJ W/ CH STICK ASSORTED SNACKS/BREAD CALIFORNIA BLEND VEGETABLE BAR ASSORTED FRUIT	Jan - 4  MINI CORNDOGS BONELESS WINGS CHEF SALAD FRUIT BOWL HAM & SWISS SUB PBJ W/ CH STICK RICE PILAF ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT	Jan - 5  DOMINOS PIZZA CHEF SALAD FRUIT BOWL HAM & SWISS SUB PBJ W/ CH STICK FRENCH FRIES ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT	Jan - 6  CHICKEN NUGGETS BUFFALO CHICKEN DIP/CHIP CHEF SALAD FRUIT BOWL HAM & SWISS SUB PBJ W/ CH STICK ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT	Jan - 7  BOSCO STICKS/ SAUCE CHEF SALAD YOGURT FRUIT PARFAIT FRUIT BOWL ASSORTED SNACKS/BREAD MIXED VEGETABLES VEGETABLE BAR ASSORTED FRUIT
Jan - 10  SPICY CHICKEN PATTY/ BUN SPAGHETTI/ MEATBALLS BUFFALO CHICKEN SALAD FRUIT BOWL CHICKEN RANCH WRAP PBJ W/ CH STICK ASSORTED SNACKS/BREAD CORN VEGETABLE BAR ASSORTED FRUIT	Jan - 11  PUB BURGER/BUN CHICKEN ALFREDO BUFFALO CHICKEN SALAD FRUIT BOWL CHICKEN RANCH WRAP PBJ W/ CH STICK ASSORTED SNACKS/BREAD BAKED BEANS VEGETABLE BAR ASSORTED FRUIT	Jan - 12  DOMINOS PIZZA BUFFALO CHICKEN SALAD FRUIT BOWL CHICKEN RANCH WRAP PBJ W/ CH STICK CURLY FRIES ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT	Jan - 13  CHICKEN TENDERS MEATBALL SUB BUFFALO CHICKEN SALAD FRUIT BOWL CHICKEN RANCH WRAP PBJ W/ CH STICK ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT	Jan - 14  EARLY RELEASE
Jan - 17  NO SCHOOL	Jan - 18  SOFT PRETZEL/ CHEESE GENERAL TSO'S CHICKEN CHEF SALAD FRUIT BOWL TURKEY PESTO SUB PBJ W/ CH STICK ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT	Jan - 19  DOMINOS PIZZA CHEF SALAD FRUIT BOWL TURKEY PESTO SUB PBJ W/ CH STICK POTATO WEDGES ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT	Jan - 20  CHICKEN NUGGETS ORANGE CHICKEN W/RICE CHEF SALAD FRUIT BOWL TURKEY PESTO SUB PBJ W/ CH STICK ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT	Jan - 21  FR BREAD PIZZA CHEF SALAD YOGURT FRUIT PARFAIT PBJ W/ CH STICK ASSORTED SNACKS/BREAD BABY CARROTS VEGETABLE BAR ASSORTED FRUIT
Jan - 24  GRILLED CHICKEN /BUN BREAKFAST BOWL CRISPY CHICKEN SALAD FRUIT BOWL BUFFALO CHICKEN WRAP PBJ W/ CH STICK ASSORTED SNACKS/BREAD STEAMED BROCCOLI VEGETABLE BAR ASSORTED FRUIT	Jan - 25  PUB BURGER/BUN BREAKFAST BOWL CRISPY CHICKEN SALAD FRUIT BOWL BUFFALO CHICKEN WRAP PBJ W/ CH STICK ASSORTED SNACKS/BREAD PEAS VEGETABLE BAR ASSORTED FRUIT	Jan - 26  DOMINOS PIZZA CRISPY CHICKEN SALAD FRUIT BOWL BUFFALO CHICKEN WRAP PBJ W/ CH STICK WAFFLE FRIES ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT	Jan - 27  SPICY CHICKEN TENDERS BREAKFAST BOWL CRISPY CHICKEN SALAD FRUIT BOWL BUFFALO CHICKEN WRAP PBJ W/ CH STICK ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT	Jan - 28  NACHO GRANDE CRISPY CHICKEN SALAD YOGURT FRUIT PARFAIT BUFFALO CHICKEN WRAP PBJ W/ CH STICK ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.

\* - denotes combined nutrient totals with either missing or incomplete nutrient data.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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