




# August/September 2014

## St. James Menu



| Alternates                                  | Monday   | Tuesday   | Wednesday   | Thursday  | Friday  |
|---|--|---|---|---|---|
| Yogurt/Bagel Plate<br>Tuna Sandwich         |  |   |   | August 28<br>½ day<br>No Lunch Served   | 29<br>Soft Bread Sticks<br>Meat Sauce<br>Caesar Salad<br>Choice of Fruit  |
| Yogurt/Bagel Plate<br>Ham & Cheese Sandwich | September 1<br>Labor Day<br>No School<br> | 2<br>Beef Burger, Cheeseburger, or Veggie Burger on a Whole Wheat Roll<br>Lettuce & Tomato<br>Corn<br>Choice of Fruit | 3<br>Breaded Chicken Tenders<br>Roasted Redskin Potatoes<br>Steamed Broccoli<br>Choice of Fruit | 4<br>Pasta & Meatballs<br>Sautéed Zucchini<br>Choice of Fruit   | 5<br>Pizza Round<br><i>Cheese or Veggie</i><br>Crispy Roasted Chickpeas<br>Choice of Fruit  |
| Yogurt/Bagel Plate<br>Turkey Sandwich       | 8<br>French Toast Sticks<br>Hash Brown Patty<br>Sausage Links<br>Choice of Fruit   | 9<br>Calzonette<br>Marinara Sauce<br>Roasted Parmesan Green Beans<br>Choice of Fruit                                  | 10<br>Whole Grain BBQ<br>Chicken Flat Bread<br>Sweet Potato Puffs<br>Choice of Fruit            | 11<br>Nacho Supreme<br>Baked Tortilla Chips<br>Taco Meat<br>Mexican Black Beans<br>Lettuce, Tomato, Salsa & Cheese Sauce<br>Choice of Fruit | 12<br>French Bread Pizza<br><i>Cheese or Veggie</i><br>Garden Salad<br>Choice of Fruit  |
| Yogurt/Bagel Plate<br>Tuna Sandwich         | 15<br>Grilled Chicken Patty on a Whole Wheat Roll<br>Steamed Carrots<br>Choice of Fruit                                    | 16<br>Whole Grain Mini Tacos<br>Salsa & Sour Cream<br>Refried Beans<br>Choice of Fruit                                | 17<br>Soft Bread Sticks<br>Meat Sauce<br>Spinach Salad<br>Choice of Fruit                       | 18<br>Boneless Chicken Bites<br>Brown Rice<br>Sautéed Yellow and Green Squash<br>Choice of Fruit  | 19<br>Mini Charbroiled Beef Burgers (Sliders)<br>Corn<br>Choice of Fruit  |
| Yogurt/Bagel Plate<br>Ham & Cheese Sandwich | 22<br>Mini Teriyaki Chicken Patties<br>Potato Puffs<br>Choice of Fruit   | 23<br>Crispy Fish Sticks<br>Baked Macaroni & Cheese<br>Steamed Green Beans<br>Choice of Fruit                         | 24<br>Pasta & Meatballs<br>Spinach Salad<br>Choice of Fruit                                     | 25<br>Chicken Nuggets<br>Cheesy Rice & Broccoli<br>Steamed Carrots<br>Choice of Fruit   | 26<br>Nacho Supreme<br>Baked Tortilla Chips<br>Taco Meat<br>Mexican Black Beans<br>Lettuce, Tomato, Salsa & Cheese Sauce<br>Choice of Fruit |
| Yogurt/Bagel Plate<br>Turkey Sandwich       | 29<br>Low Fat Mozzarella Sticks<br>Marinara Sauce<br>Whole Wheat Pasta<br>Steamed Broccoli<br>Choice of Fruit              | 30<br>Boneless Breaded Chicken Drumsticks<br>Roasted Parmesan Green Beans<br>Choice of Fruit                          |   |   |   |



Menu subject to change  
 Grades K-5: \$1.95 – Grades 6-8: \$2.20  
 Reduced Lunch Price \$.40  
 Adult Lunch Price: \$3.25  
 Grades K-5 Milk Only: \$.40 – Grades 6-8: \$.50

Manchester's Message  
for a healthier you.

