

March 16th-
20th

FRESH
STARTS



The Wok

DINNER

MONDAY

Fresh Scrambled Eggs
Hickory Smoked Bacon
Hash Brown Triangles
Build Your Own Strawberry
Yogurt Parfait
Congee & Cereal Bar

Create your own Salad Bar
Chicken Tortilla Soup

Pizza By the Slice
(3 Assorted Kinds)
Breadsticks w/ Marinara

Build Your Own Noodle Bowl
Yakisoba Noodles & Chicken
Veggie or Chicken Broth
Carrots, Bok Choy, Snow Peas,
Napa Cabbage, Red Peppers, &
Mushrooms

Orange Chicken
Jasmine Rice
Braised Cabbage
Chicken Pot stickers (2)

Teriyaki Chicken
Spiced Oven Roasted Cod
White Rice
 Crispy Green Beans

Garden Salad

TUESDAY

Waffles & Syrup
 Fresh Scrambled Eggs
 Breakfast Potatoes W/Peppers
 Mango Mixed Fruit Cup
Congee & Cereal Bar

Create your own Salad Bar
Chicken Tortilla Soup

Happy St. Patrick's Day!
Braised Corn Beef Burger with Swiss
Cheese
Tater Tots

Build Your Own Noodle Bowl
Yakisoba Noodles & Chicken
Veggie or Chicken Broth
Carrots, Bok Choy, Snow Peas, Napa
Cabbage, Red Peppers, &
Mushrooms

Char Siu Pork
Fried Rice
Stir-Fry Veggies
Spring Roll (2)

Bean & Cheese Enchiladas
Corn Beef & Cabbage
Baby Bok Choy

Garden Salad

WEDNESDAY

Choice of Bacon, Sausage or
 Veggie Avocado Burrito
Pineapple Tidbits

Create your own Salad Bar
Black Bean Chili

Homestyle Chicken Tenders
Baked Potato Wedges
House-Made BBQ Sauce

Build Your Own Noodle Bowl
Yakisoba Noodles & Chicken
Veggie or Chicken Broth
Carrots, Bok Choy, Snow Peas, Napa
Cabbage, Red Peppers, &
Mushrooms

Choice of: Shrimp Stir Fry
Fried Rice
Spring Roll (2)

Chicken Pad Thai
Bow Tie Alfredo
Roasted Vegetable Medley
Dinner Roll

Garden Salad

THURSDAY

Breakfast Quesadilla
Fresh Hash Browns
 Banana Oatmeal
Mandarin Oranges
Congee & Cereal Bar

Create your own Salad Bar
Potato Corn Chowder

Chef Expo!
Chef Featured Panini
Curly Fries

Build Your Own Noodle Bowl
Yakisoba Noodles & Chicken
Veggie or Chicken Broth
Carrots, Bok Choy, Snow Peas, Napa
Cabbage, Red Peppers, &
Mushrooms

Beef & Tomat
Chow Mein
Baby Bok Choy
Chicken Pot Sticker (2)

Kung Pao Beef
Jasmine Rice
Cheesy Potato & Broccoli Bake
Bread Stick

Garden Salad

FRIDAY

Biscuits & Gravy
 Fresh Scrambled Eggs
Hash Brown Triangle
Sliced Peaches
Congee & Cereal Bar

Create your own Salad Bar
Clam Chowder

Cheese Quesadilla
House-Made Tortilla Chips
Pico De Gallo & Sour Cream

Build Your Own Noodle Bowl
Yakisoba Noodles & Chicken
Veggie or Chicken Broth
Carrots, Bok Choy, Snow Peas, Napa
Cabbage, Red Peppers, &
Mushrooms

Sweet & Sour Pork
Steamed White Rice
Steamed Broccoli
Chicken Pot stickers (2)

Beef Chow Mein
Roasted Zucchini
Mac & Cheese
Garlic Bread

Garden Salad



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- Our Ground Beef is Family COOP Raised Beef
No antibiotics or Growth Hormones
- Our Roasted Potatoes are fresh and hand-cut
House Made Tortilla Chips

At St. Mary's school, we recognize the impact food makes on health and wellness. We are committed to bringing nutritious food to the table and making the healthy choice the easy choice for all our dining guests.



Contains Shellfish



Contains Fish



Contains Milk



Gluten Free



Be Well
Eat the Be Well Way! Look for the Be Well Blueberry.