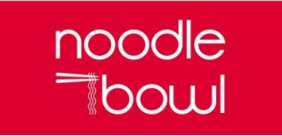


FRESH STARTS



The Wok

DINNER

MONDAY

Fresh Scrambled Eggs
 Hearty Sweet Potato Hash
 Hickory Smoked Bacon
 Apple Sauce

Congee & Cereal Bar

Create your own Salad Bar
 Cream of Broccoli

Grilled Chicken Burger & cheddar Cheese
 Lettuce, Tomato, Onion, Pickle
 Curly Fries

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)

Cheese Ravioli & Marinara Sauce
 Spiced Oven Roasted Cod
 White Rice
 Crispy Green Beans

Garden Salad

TUESDAY

Biscuits & Gravy
 Fresh Scrambled Eggs
 Breakfast Potatoes W/Peppers
 Mango Mixed Fruit Cup

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

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

Bean & Cheese Enchiladas
 Chicken Pad Thai
 Baby Bok Choy

Garden Salad

WEDNESDAY

Choice of Bacon, Sausage or
 Veggie Avocado Burrito
 Pineapple Tidbits

Congee & Cereal Bar

Create your own Salad Bar
 Black Bean Chili

Panini Chicken Florentine
 House-Made Potato Chips

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

Salt & Pepper Beef
 Chow Mein
 Baby Bok Choy

Fish & Chips
 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

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)

Kung Pao Beef
 Curry Chicken
 Jasmine Rice

Garden Salad

FRIDAY

Hickory Smoked Bacon, Egg, &
 Cheese Sandwich on English
 Muffin
 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

- 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.