

Marist High School Menu
September 2019



Fresh Pre-Made Deli
Sandwiches Available Daily

Our Pre-Made Sandwiches include a variety of meats, cheeses, and toppings on locally fresh baked whole wheat sub rolls or sliced bread

		4 Mac & Cheese Green Beans Dinner Roll	5 Twin Crunchy Taco Brown Rice Refried Beans & Salsa	6 Meatball Parm Sub Seasoned Carrots
9 Rodeo Burger Sweet Potato Fries	10 Chicken Parm Sandwich Steamed Broccoli	11 Sloppy Joe Sandwich Buttered Corn	12 Chicken Fajita w/Soft Shell Tortilla Pepper & Onion Mix	13 Twin Hot Dogs Vegetarian Beans 1/2 DAY SCHEDULE
16 Grilled Cheese On Texas Toast Creamy Tomato Soup	17 General Tso Chicken Brown Rice Onion & Pepper Mix	18 Pasta & Meatballs Dinner Roll Romaine Salad	19 Burrito Bowl Salsa, Black Beans & Corn	20 Corn Dogs Green Peas
23 Pancakes Turkey Sausage Carrot Coins	24 Cheesy BBQ Chicken Loaded Tots Buttermilk Biscuit Green Beans	25 Chicken Alfredo Green Peas Breadstick	26 Chicken & Waffles Vegetarian Beans	27 Meatloaf Mashed Potato Steamed Broccoli
30 NO SCHOOL ROSH HASHANAH				



ALL MEALS INCLUDE A TRIP THROUGH OUR THRIVE GARDEN BAR

Includes a variety of Salad Greens, Carrot Sticks, Corn and Bean Salads
Plus 100% Fruit Juice, Fresh Fruit and/or Fruit Cups

Locally Grown items are offered whenever seasonally available

Low Fat or Fat Free Milk included with all meals



Daily Salad Choices
All salads served with a Dinner Roll
Garden Salad with Cheese
Chef Salad
Chicken Caesar Salad



EVERYDAY PIZZA CHOICES

Cheese, Pepperoni, & daily specialty Pizza

All pizzas feature low fat cheese, low sodium sauce, & whole grain crusts

MENU SUBJECT TO CHANGE

We are proud to offer chicken products that are 100% natural, contain NO artificial ingredients and contain NO antibiotics ever!

This institution is an equal opportunity provider