

St. Mary's January Featured Menu

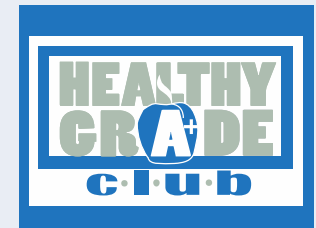
Proudly Presented by Navin Bros. Food Service

Date	Navin Healthy Grade	Wraps, Salads, & More	From the Hot Line	Panini of the Day
Mon 1/2	Santa Fe Chicken Salad	Cheddar Bacon Burger	Spicy Chicken Wings	Pepperoni Parmesan
Tues 1/3	Turkey Burgers	Chicken Parmesan	Mozzarella Sticks	Quesadilla with Chicken
Wed 1/4	Whole Wheat Veggie Pizza	Steak & Cheese	Popcorn Chicken	Ham & Swiss
Thurs 1/5	Broccoli Stromboli	Tossed Salad	Soft Taco Hamburger Sliders	4 Cheese Panini
Fri 1/6	Chicken ala Roma	Pizza Sticks w/ Dipping Sauce	Personal Pizza	Ham & Cheese

In addition to the published featured menu, the following offerings are available on a daily basis:

- Manager's Choice of Additional Hot Entrees, Sandwiches, and Other Prepared Foods
- Assorted Cold Salads, Wraps, & Sandwiches
- Low Fat Yogurt Parfaits with Fresh Fruit and Granola
- Fresh Sliced Fruit Cups as well as Whole Fruit
- Fresh Vegetables with Dipping Sauce
- Fresh Baked Goods

Thoroughly cooking meats, poultry, seafood, shellfish or eggs reduces the risk of foodborne illness.
If you have a food allergy, please speak to the Cafeteria Manager.
Menu Subject to Change.



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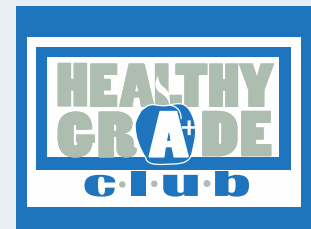
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Date	Navin Healthy Grade	Wraps, Salads, & More	From the Hot Line	Panini of the Day
Mon 1/9	Lean Quesadilla	Crunchy Chicken Wrap	Chicken Parmesan Pizza of the Day	Chicken, Bacon & Cheddar
Tues 1/10	Breakfast Only	Breakfast Only	Breakfast Only	Breakfast Only
Wed 1/11	Penne Primavera	Greek Salad	Chicken Parmesan & Spaghetti Combo Calzone	Broccoli Cheddar & Bacon
Thurs 1/12	Roasted Chicken with Lettuce and Tomato on a Multi Grain Roll	Turkey Club Wrap	Pasta & Meatballs, Bread Stick	Monte Cristo
Fri 1/13	Turkey Burger	Cobb Salad	Pizza Pizza Sticks with Dipping Sauce of the Day	Three Cheese Panini

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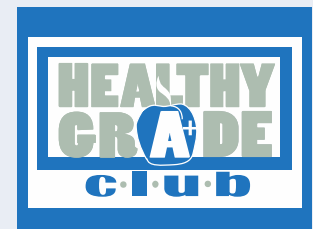
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Date	Navin Healthy Grade	Wraps, Salads, & More	From the Hot Line	Panini of the Day
Mon 1/16	Martin Luther King, Jr. Day	Martin Luther King, Jr. Day	Martin Luther King, Jr. Day	Martin Luther King, Jr. Day
Tues 1/17	Turkey Burgers	Barbeque Chicken Wrap	Mozzarella Sticks Chicken Parmesan	Quesadilla with Chicken
Wed 1/18	Whole Wheat Veggie Pizza	Steak & Cheese	Popcorn Chicken	Ham & Swiss
Thurs 1/19	Penne Primavera	Sausage & Pepper Stromboli	General Tso's Chicken with Rice	Gyros
Fri 1/20	Vegetarian Quesadilla	Eggplant Towers	Big Daddy's Pizza w/ Toppings	Broccoli & Cheddar

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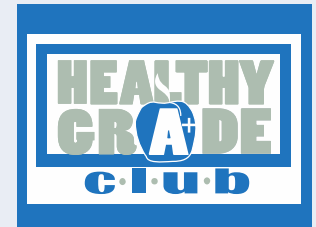
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Date	Navin Healthy Grade	Wraps, Salads, & More	From the Hot Line	Panini of the Day
Mon 1/23	Chicken ala Romana	Vegetable Dippers	Chicken Parmesan Stromboli Bacon Cheeseburger	Italian Combo
Tues 1/24	Vegetarian Quesadilla	Buffalo Chicken Wrap	Mozzarella Sticks	Chicken w/ Bacon & Cheddar
Wed 1/25	Turkey Burgers	Meatball Parmesan	Popcorn Chicken	Grilled Cheese & Tomato
Thurs 1/26	Roasted Chicken with Lettuce and Tomato on a Multi Grain Roll	Turkey Club Wrap	Pasta & Meatballs, Bread Stick	Monte Cristo
Fri 1/27	Freshman Only Spirit Day	Freshman Only Spirit Day	Freshman Only Spirit Day	Freshman Only Spirit Day

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Date	Navin Healthy Grade	Wraps, Salads, & More	From the Hot Line	Panini of the Day
Mon 1/30	Santa Fe Chicken Salad	Cheddar Bacon Burger	Spicy Chicken Wings	Pepperoni Parmesan
Tues 1/31	Turkey Burgers	Chicken Parmesan	Mozzarella Sticks	Quesadilla with Chicken



Our Mission is to offer the finest of healthy foods and beverages available at the lowest possible cost, prepared in a sanitary environment by the finest food service professionals in the area.

Navin Bros. Food Service exclusively offers products w/ zero trans fat.

If you have a food allergy, please speak with the cafeteria manager.

Please direct any questions or concerns regarding the food service program to jmnavin@navinbros.com. Your feedback is always appreciated

