

| St. Mark Plano   |   |  |   | August, 2010  |
|--|---|--|---|---|
| Mon, Aug 2   | Tue, Aug 3  | Wed, Aug 4   | Thu, Aug 5  | Fri, Aug 6  |
| Mon, Aug 9   | Tue, Aug 10   | Wed, Aug 11  | Thu, Aug 12   | Fri, Aug 13   |
| Mon, Aug 16  | Tue, Aug 17<br>Spaghetti/Meat Sauce<br>Fresh Broccoli<br>Whole Wheat Roll<br>Melon Bites<br>Milk or Juice   | Wed, Aug 18<br>Pizza<br>Small Garden Salad<br>1/2 Banana<br>Fudge Brownie<br>Milk or Juice | Thu, Aug 19<br>Fish Sticks<br>Oven Baked Crinkle Potato<br>Cole Slaw<br>Pineapple Bites<br>Milk or Juice      | Fri, Aug 20<br>Early Dismissal<br>No Lunch  |
| Mon, Aug 23<br>Chicken Casserole<br>Winter Blend Veggies<br>Whole Wheat Roll<br>Pineapple Bites<br>Milk or Juice | Tue, Aug 24<br>Baked Ziti<br>Seasoned Green Beans<br>Garlic Bread<br>Melon Bites<br>Milk or Juice           | Wed, Aug 25<br>Pizza<br>Small Garden Salad<br>1/2 Banana<br>Fudge Brownie<br>Milk or Juice | Thu, Aug 26<br>Hamburger<br>Oven Baked Tater Barrels<br>Steamed Carrots<br>Sun Sweet Raisins<br>Milk or Juice | Fri, Aug 27<br>Barbecued Chicken<br>Fresh Sauteed Zucchini<br>Scalloped Potatoes<br>Fresh Fruit Medley<br>Milk or Juice |
| Mon, Aug 30<br>Baked Steakfingers<br>Mashed Potatoes<br>Steamed Carrots<br>Grapes<br>Milk or Juice               | Tue, Aug 31<br>Beef Ravioli<br>Seasoned Green Beans<br>Whole Wheat Roll<br>Pineapple Bites<br>Milk or Juice | <b>WELCOME BACK TO SCHOOL!</b>   |   |   |

### Ala Carte Items

| M                            | T                                | W                              | T                        | F                               |
|------------------------------|----------------------------------|--------------------------------|--------------------------|---------------------------------|
| Meatball Sub (3.25)          | Pasta Bar (2.95)                 | Baked Popcorn Chicken (2.95)   | Hamburger (2.00)         | Calzone (3.00)                  |
| Baked Potato Bar (3.00)      | Fish Sandwich on Whole Wh (3.00) | Chicken Club Salad (4.75)      | Chicken Wrap (3.25)      | Personal Thin Crust Pizz (3.00) |
| <b>DAILY</b>                 |                                  |                                |                          |                                 |
| Yogurt* (1.25)               | Variety Salads (1.00-5.00)       | Variety Drinks(.75-2.00)       | Baked Potato (1.85-3.00) | PK-2 Hot Lunch 3.75             |
| Ice Cream (1.00-1.25)        | Variety Wraps (3.25-4.50)        | Variety Sandwiches (1.85-4.00) | Daily Pasta (2.95)       | 3-8 Hot Lunch 4.25              |
| Freshly Baked Cookies (1.00) | StMrkPlno@dineritdrx.com         | Linda Gaines, Manager          | 972-509-1693             | Fruit Cup (2.00)                |