

OCTOBER 2020



STUDENTS MUST HAVE AT LEAST 3 MENU ITEMS ON THEIR TRAY TO COUNT AS A LUNCH

(ONE MUST BE EITHER A FRUIT OR A VEGETABLE). FRESH FRUIT CHOICES ARE AVAILABLE

AS WELL AS THE FOLLOWING MILK OPTIONS:

WHITE, 1% WHITE OR FAT FREE CHOCOLATE.

Food Components: Meat/Meat Alternate, Grain, Fruit, Vegetable & Milk!

HOLY FAMILY LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Hamburger on a Bun with OR without cheese Sweet Potato Fries Celery & Dip Orange	2 'PIZZA LUNCHABLE' WG Crust w/cheese or pepperoni Pizza sauce Broccoli w/dip Grapes
5 Ham OR Turkey Sub Cukes w/dip Baked Lays Apple	6 2 Soft Beef Taco w/cheese & lettuce Salsa Corn Banana	7 'DELI LUNCHABLE' Ham OR Turkey Squares Cheese & Crackers Carrots w/Hummus Applesauce Cup	8 Chicken Smackers Mashed Potatoes & Gravy Green Beans Orange	9 Homemade Pizza Cheese OR Pepperoni Broccoli w/dip Grapes
12 COLUMBUS DAY	13 Meatballs w/Marinara Breadstick Tossed Salad w/tomatoes Banana	14 French Toast Sticks Chicken Sausage Hash Brown Potato Applesauce Cup	15 Hamburger on a Bun with OR without cheese Sweet Potato Fries Celery & Dip Orange	16 WORKSHOP 1/2 DAY
19 Ham OR Turkey Sub Cukes w/dip Baked Lays Apple	20 2 Soft Beef Taco w/cheese & lettuce Salsa Corn Banana	21 'DELI LUNCHABLE' Ham OR Turkey Squares Cheese & Crackers Carrots w/Hummus Applesauce Cup	22 Chicken Tenders Mashed Potatoes & Gravy Celery w/dip Baked Lays Orange	23 Homemade Pizza Cheese OR Pepperoni Broccoli w/dip Grapes
26 Pretzelwich Sandwich Tomato Soup Cukes w/dip Apple	27 Meatballs w/Marinara Breadstick Tossed Salad w/tomatoes Banana	28 Chicken & Waffles Tator Tots Applesauce Cup	29 Hamburger on a Bun with OR without cheese Sweet Potato Fries Celery & Dip Orange	30 'PIZZA LUNCHABLE' WG Crust w/cheese or pepperoni Pizza sauce Broccoli w/dip Grapes

WE USE AS MUCH
LOCAL FRUITS & VEGETABLES
AS POSSIBLE!



ALL MENUED SALADS ARE SERVED WITH ITALIAN DRESSING.

**MENU SUBJECT TO CHANGE WITHOUT NOTICE.

WE NOW SERVE "WHOLE GRAIN WHITE" BREAD PRODUCTS!

**Nutritional Facts are now available on the website using the "NEW" NUTRITION link