

St. Bernadette School



Lunch Menu October 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Choices
	October 2 Corn Dog Nuggets with Roll Steamed Green Beans Low Fat/Fat Free Milk	October 3 General Tso's Chicken over Rice Steamed Broccoli Low Fat/Fat Free Milk	October 4 French Toast Sticks with Sausage Patties Tater Tots Low Fat/Fat Free Milk	October 5 Pasta with Meat Sauce Steamed Green Beans Low Fat/Fat Free Milk	October 6 Cheese /Pepperoni Pizza Steamed Carrots Low Fat/Fat Free Milk	Peanut Butter and Jelly Sandwich Pizza
	October 9 Chicken Nuggets with Roll Oven Fries Low Fat/Fat Free Milk	October 10 Beef Tacos Steamed Corn Low Fat/Fat Free Milk	October 11 Waffles with Sausage Patties Tater Tots Low Fat/Fat Free Milk	October 12 Macaroni & Cheese with Roll Steamed Green Beans Low Fat/Fat Free Milk	October 13 Italian Dunkers With Marinara Sauce Steamed Carrots Low Fat/Fat Free Milk	Peanut Butter and Jelly Sandwich Cheeseburger on a WG Bun
	October 16 Corn Dog Nuggets with Roll Steamed Green Beans Low Fat/Fat Free Milk	October 17 General Tso's Chicken over Rice Steamed Broccoli Low Fat/Fat Free Milk	October 18 Pancake Wrap on a Stick Tater Tots Low Fat/Fat Free Milk	October 19 Pasta with Meatballs Steamed Green Beans Low Fat/Fat Free Milk	October 20 Cheese /Pepperoni Pizza Steamed Carrots Low Fat/Fat Free Milk	Peanut Butter and Jelly Sandwich Breaded Chicken Sandwich
	October 23 Chicken Strips with Roll Oven Fries Low Fat/Fat Free Milk	October 24 Beef Nachos with Cheese Sauce Steamed Corn Low Fat/Fat Free Milk	October 25 French Toast Sticks with Sausage Patties Tater Tots Low Fat/Fat Free Milk	October 26 Macaroni & Cheese with Roll Steamed Green Beans Low Fat/Fat Free Milk	October 27 No Classes Teacher In-service Day	Peanut Butter and Jelly Sandwich Pizza
	October 30 Corn Dog Nuggets with Roll Oven Fries Low Fat/Fat Free Milk	October 31 General Tso's Chicken over Rice Steamed Broccoli Low Fat/Fat Free Milk				Peanut Butter and Jelly Sandwich Cheeseburger on a WG Bun



Fresh Fruits Offered Daily

Red Apples
Granny Smith Apples
Oranges
Bananas
Applesauce Cups



Milk Choices Offered Daily

Fat Free Chocolate
Fat Free White
1% White