

**St. Mary IC School Lunch Menu
October 2018**

Monday	Tuesday	Wednesday	Thursday	Friday
1 Cereal, French toast sticks, banana, juice, milk Pizza, romaine lettuce, carrot sticks, strawberries, milk	2 Cereal, egg and cheese muffin, banana, juice, milk Spaghetti, WG noodles, green beans, pears, breadstick, milk	3 Cereal, sausage patties, banana, juice, milk Turkey Roast, mashed potatoes, gravy, corn, WG roll, applesauce, milk	4 Cereal, pancakes, banana, juice, milk Shredded pork sandwich, WG bun, baked beans, glazed carrots, peaches, milk	5 Cereal, scrambled eggs, banana, juice, milk Chicken Noodle soup, crackers, ham sandwich, WG bread, mixed fruit, carrots, milk
8 Cereal, egg patty, banana, juice, milk Chicken enchiladas, romaine lettuce, salsa, pears, milk	9 Cereal, pancake, banana, juice, milk Goulash, romaine lettuce, bread sticks, carrot sticks, baked apples, milk	10 Cereal, muffin, banana, juice, milk BBQ, WG bun, potato wedges, baked beans, mixed fruit, milk	11 Cereal, oatmeal, banana, juice, milk Turkey sandwich, sun chips, salsa, applesauce, oatmeal cookie, milk	12 NO SCHOOL RUMMAGE SALE
15 Cereal, scrambled eggs, banana, juice, milk Beef & Noodles, green beans, romaine lettuce, WG roll, oranges, milk	16 Cereal, French toast sticks, bananas, juice, milk Grilled Cheese, Tomato soup, WG crackers, blueberries, milk	17 Sausage Patties (2), cereal, banana, juice, milk Walking Taco, Romaine lettuce, cheese, beans, salsa, applesauce, milk	18 Cereal, egg & cheese burrito, banana, juice, milk Pork Roast, mashed potatoes, gravy, corn, WG roll, peaches, milk	19 Breakfast Pizza, cereal, banana, juice, milk Chicken Nuggets, WG rice, broccoli, red/green peppers, sweet/sour sauce, peaches, milk
22 French toast sticks, cereal, banana, juice, milk Hamburgers, WG bun, French fries, baked beans, mixed fruit, milk	23 Egg & cheese muffin, cereal, banana, milk, juice Chicken tetrazzini, peas, carrots, blueberries, bread stick, milk	24 Cereal, oatmeal, banana, juice, milk Turkey Roast, mashed potatoes, gravy, corn, WG dinner roll, oranges, milk	25 Cereal, pancake, banana, juice, milk Taco, WG tortilla, salsa, Romaine, lettuce, pears, milk	26 Scrambled eggs, cereal, banana, juice, milk Grilled chicken sandwich, Sweet potato waffle fries, green beans, peaches, milk
29 Egg patty, cereal, banana, juice, milk Mac and Cheese, Ham sandwich, green beans, pears, milk	30 Pancake, cereal, banana, milk, juice Fish sandwich, WG bun, French fries, baked beans, applesauce, milk	31 Muffin, cereal, banana, milk, juice Diced chicken gravy, mashed potatoes, corn, Romaine lettuce, WG roll, mixed fruit, milk		Breakfast served with juice and milk. Milk served daily with lunch. Menu is subject to change. WG= whole grain. "USDA is an equal opportunity provider and employer"