

Lunch Menu

St. Joseph Academy

October 2018



Monday	Tuesday	Wednesday	Thursday	Friday
1 Tomato Rice Soup Grilled Cheese Soup Green Beans Celery Sticks Apple / Milk	2 Spaghetti w/Marinara and Meatballs Roasted Cauliflower Baby Carrots Peaches / Milk	3 Taco Salad Corn Fresh Salsa 1-WG Tortilla Banana / Milk	4 Mini Corn Dogs Bean Casserole Cherry Tomatoes Grapes / Milk	5 Professional Development No School
8 Chicken Nuggets Corn Broccoli Slaw WG Dinner Roll Strawberries / Milk	9 Quesadillas Black Beans Fresh Mango Relish Orange Wedges / Milk	10 Chicken Mixed Roots Celery Sticks WG Dinner Roll Watermelon / Milk Salad Bar	11 Orange Chicken w/ Brown Rice Kale Salad Chinese Cabbage Salad Mandarin Oranges/ Milk	12 Mac and Cheese Roasted Beets Tomato Wedges Sliced Bread Apple Cider / Milk Salad Bar
15 Top Your Burger Butternut Squash French Fries Pickles /Lettuce Bananas / Milk	16 Northern Bean Soup Hot Ham on a WG Bun Cucumber Tomato Salad Apples / Milk	17 Teriyaki Chicken w/ Brown Rice Italian Green Beans Baby Carrots Fresh Pears / Milk Salad Bar	18 Brunch for Lunch WG Waffles w/ Syrup Breakfast Sausage Carrots / Zucchini Strips 100% Juice / Milk	19 Pizza Broccoli Carrot Coins Fresh Mixed Fruit / Milk Salad Bar
22 Sub Sandwich Spinach Berry Salad Baby Carrots Mixed Fruit / Milk	23 Scalloped Potatoes w/ Ham Cranberry Relish Corn Bread Peaches / Milk	24 Turkey Dogs Baked Beans Cabbage Relish Slice of WG Bread Banana / Milk	25 Teachers Conferences No School	26 Teachers Conferences No School
29 Potato Wedges Chili Topping Steamed Broccoli WG Dinner Roll Orange Wedges / Milk	30 Chicken on WG Bun Oven Fried Potatoes Corn On the Cob Fresh Mixed Fruit / Milk	31 Beef Barley Soup Hot Turkey Sandwich Cucumbers Apple / Milk Salad Bar	 Chicken Fajita w/ Peppers and Onions Black Bean Relish Salsa / Sour Cream Banana / Milk	 Baked Fish Summer Squash Sauté Celery Sticks WG Dinner Roll Applesauce / Milk Salad Bar

Fun Fact:

Water available at all times.
WG=whole grain
*May contain pork.
Skim white and no fat chocolate milk served daily.

Must take 3 of 5 items with one being ½ cup of fruit or vegetables. | This institution is an equal opportunity provider. | Menus subject to change depending on availability of products.