

Lunch Menu

St. Joseph Academy

October 2 – November 3
2017



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Bean Burrito Corn Jicama Sticks w/ Lime Orange Wedges / Milk	Ravioli Carrots WG Dinner Roll Mixed Fruit w/ Blueberries / Milk	Hamburger on WG Bun Baked Beans Baby Carrots Watermelon / Milk	Turkey Sub Sandwich Kale Salads w/ Dressing Garbanzo Beans Banana / Milk	Macaroni and Cheese Peas Tomato Wedges Apple / Milk
9	10	11	12	13
Chicken on WG Bun Spinach Sweet Potato Fries Pears / Milk	Mini Corn Dogs 3 Bean Casserole Celery Applesauce / Milk	Chicken Taco WG Tortillas Cream Corn Fresh Salsa Pineapple / Milk	Pulled Pork Sandwich Green Beans Baby Carrots Banana / Milk	PROFESSIONAL DEVELOPMENT No School
16	17	18	19	20
No School	FRESH SALAD DAY! Romaine w/ Diced ham Fresh Veggies Bread Stick Banana / Milk	Teriyaki Chicken WG Rice Peas Tomato Wedges Apple / Milk	BRUNCH FOR LUNCH Pancakes w/ Syrup Breakfast Sausage Carrots / Celery Strawberries / Milk	Pizza Green Beans Cauliflower Buds Fruit Mix / Milk
23	24	25	26	27
Spaghetti w/ Meatballs Carrots Fresh Broccoli Banana / Milk	Chicken Nuggets Mixed Vegetables Mashed Potatoes Orange Wedges / Milk	Pizza Dippers Fresh Greens w/ Salad Baby Carrots Fresh Fruit / Milk	PARENT / TEACHER CONFERENCES No School	PARENT / TEACHER CONFERENCES No School
30	31	1	2	3
Hot Ham on WG Bun Spinach Salad w/ Dressing Cucumbers Peaches / Milk	Nacho's Corn Fresh Salsa Banana / Milk	Chili Carrot Coins Biscuit Mixed Fruit / Milk	Hamburger on WG Bun Baked Beans French Fries Pears / Milk	Grilled Cheese Peas Cherry Tomatoes Pineapple / Milk

Did you know that Pretzels were invented by an Italian Monk who used the treats as a bribe to get kids to memorize scripture. The crisscrossed bits are supposed to represent the folded arms of children in prayer.

Must take 3 of 5 items with one being 1/2 cup of fruit or vegetables.

This institution is an equal opportunity provider.

Menus subject to change depending on availability of products.

Water available at all times.

WG=whole grain

*May contain pork.

Skim white and no fat chocolate milk served daily.