



## October 2018 St. Theresa's

Monday October 1st	Tuesday October 2nd	Wednesday October 3rd	Thursday October 4th	Friday October 5th
Beef Hot Dog with Baked Beans Veggie Sticks Daily Fruit	Pulled Pork Sliders w/ Cauliflower Mac N' Cheese Veggie Medley Salad Bar Fresh Fruit	Hand-Breaded Chicken Tenders Oven-Roasted Sweet Potatoes Cauliflower & Peas Fresh Fruit & Salad Bar	Beef Tacos Spanish Rice Seasoned Green Beans Fruit of the Day & Salad Bar	Noon Dismissal- No Lunch
October 8th	October 9th	October 10th	October 11th	October 12th
School Holiday	Baked Ziti w/Beef & Roasted Vegetable Marinara Seasoned Green Beans Salad Bar Fresh Fruit	Glazed Teriyaki Chicken Steamed Basmati Rice Broccoli & Peppers Salad Bar Daily Fruit	Crunchy Chicken Tenders & Waffles Optional: Syrup Roasted Brussel Sprouts Fruit of the Day Salad Bar	Cheese or Pepperoni Pizza Slices Roasted Vegetable Marinara Pasta Daily Fruit Salad Bar
October 15th	October 16th	October 17th	October 18th	October 19th
Bean Burrito with Seasonal Roasted Vegetables Fruit of the Day Salad Bar	Pasta with Homemade Turkey Meatballs In Marinara Fresh Cooked Broccoli Salad Bar Daily Fruit	Oven Roasted Chicken Drumsticks w/Biscuits & Honey Glazed Carrots Fresh Fruit Salad Bar	Sloppy Joe on Whole Wheat Bun Oven-Fried Potatoes Seasonal Green Beans Fruit of the Day	Cheese or Pepperoni Pizza Slices Roasted Vegetable Marinara Pasta Daily Fruit Salad Bar
October 22nd	October 23rd	October 24th	October 25th	October 26th
Hamburger on Whole Wheat Bun Home Fries Optional: American Cheese Veggie Sticks Fruit & Salad Bar	Ham or Turkey Sub Sandwich on a Whole Wheat Bolio Bun Tortilla Chips Black Bean & Corn salad Fruit & Salad Bar	Natural Baked Chicken on Flour Tortilla w/ Pinto Beans Honey Glazed Carrots Salad Bar Daily Fruit	Pasta Bolognese with Roasted Vegetable Marinara Fresh Seasoned Green Beans Salad Bar Fruit of the Day	Noon Dismissal No Lunch
October 29th	October 30th	October 31st	November 1st	November 2nd
Parent Conferences No Lunch	Pulled Pork Sliders w/ Cauliflower Mac N' Cheese Veggie Medley Salad Bar Fresh Fruit of the day	Hand-Breaded Chicken Tenders Oven-Roasted Sweet Potatoes Cauliflower & Peas Salad Bar Fresh Fruit	Beef Tacos Spanish Rice Seasoned Green Beans Salad Bar Fruit of the Day	Cheese or Pepperoni Pizza Slices Roasted Vegetable Marinara Pasta Daily Fruit Salad Bar

**Fruit selection for the day includes one of the following based on availability:**

*Organic: Grapes Apples Strawberries Pears Other: Banana Pineapple Mandarin Oranges*

*Local: Honeydew Oranges Watermelon Cantaloupe Peaches*