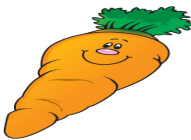



St. Francis of Assisi School Lunch Menu

October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Sandwich</u> Turkey & Cheese	3 Chicken & Cheese Quesadilla Refried Beans Sliced Cucumber Diced Pears	4 CHEF FOR THE DAY Chicken Patty Baby Carrots Watermelon Brookee	5 Walking Taco (GF) Salsa Shredded Romaine Cantaloupe	6 Pork Carnitas w/Flour Tortilla Steamed Corn Broccoli Slaw Gala Apple	7 Cheese Filled Breadsticks w/ Marinara Sauce Assorted Fresh Veggies Mixed Fruit	Choice of skim, 1%, or chocolate skim milk is included in price of school lunch
<u>Sandwich</u> Ham & Cheese	10 Chicken Dumplings w/ Brown Rice Baby Carrots Mandarin Oranges	11 Pasta Bake w/ Dinner Roll Steamed Green Beans Sliced Peaches	12 PBIS AWARD French Bread Pizza Steamed Broccoli Fresh Strawberries Red Velvet Cookie	13 NO SCHOOL	14 NO SCHOOL	Water is not included in the meal cost. Water is available for purchase or cups are available in the lunchroom for tap water.
<u>Sandwich</u> Turkey & Cheese	17 NO SCHOOL	18 PBIS AWARD Beef & Cheese Nachos (GF) Baby Carrots Strawberry Cup Pumpkin/Blueberry Bread	19 Breakfast Skillet** (breakfast potatoes, scrambled eggs, opt: sausage gravy) 100% Fruitable Juice Grapes Blueberry Muffin ** new entree to vote on	20 Pork Tenderloin Steamed Peas Apple Pear Sun Chips	21 Tangerine Chicken w/ Brown Rice Assorted Fresh Veggies Mixed Fruit	Lunch \$2.95 Xtra Entrée \$1.85 A La Carte \$1.00 Milk \$0.50 8oz water \$0.50 16.9oz water \$0.75 Adult Lunch \$4.13
<u>Sandwich</u> Ham & Cheese	24 French Toast Sticks Strawberry Yogurt Baby Carrots Banana	25 Korean Meatball Bowl Red Pepper Slices Edamame Pineapple Tidbits	26 Grilled Cheese French Fries Cole Slaw Honeydew Melon	27 Beef Dippers w/ Buttered Noodles Sugar Snap Peas Fresh Pear Chocolate Chip Cookie	28 PBIS AWARD Chicken Patty Kale Salad Watermelon Brookee	<u>Gluten Free Entree's</u> (GF) indicates this entree is gluten free
<u>Sandwich</u> Turkey & Cheese	31 Homemade Chili (GF) Baby Carrots Honey Crisp Apple Cinnamon Roll	The #1 fresh veggie choice for our students are crisp, crunchy, baby carrots. The average American eats over 10,000 carrots in their lifetime!		<u>Riddle</u> What did one snowman say to the other? <u>Answer</u> Do you smell carrots?		This month we celebrate the National School Lunch program. Thank you for your support of school lunch!

Menu subject to change without notice

This institution is an equal opportunity provider