

# October 2017 ST. CATHERINE OF SIENA CATHOLIC SCHOOL

LUNCH



**School Information:**

Student Meals-\$3.00; Milk .60¢; Visitor/Adult Meals-\$3.60  
 Lunch Times: K-2<sup>nd</sup> Grades 11:25-12:05  
 3<sup>rd</sup>-5<sup>th</sup> Grades 12:10-12:40  
 6<sup>th</sup>-8<sup>th</sup> Grades 12:15-1:15  
 All meals subject to change without notice.



**Nutrition Tip: Start them young.** Food preferences are developed early in life, so offer variety. Likes and dislikes begin forming even when kids are babies. You may need to serve a new food a few different times for a child to accept it. Don't force a child to eat, but offer a few bites. With older kids, ask them to try one bite.

Monday

\*\*Chicken Nuggets  
 Mashed Potatoes & Gravy **2**  
 Sweet Niblet Corn  
 Rosy Applesauce  
 WW Roll & Butter  
 Milk

Tuesday

\*\*Grilled Chkn Sandwich **3**  
 Baked Beans  
 French Fries  
 Diced Peaches  
 Pudding Cup  
 Milk

Wednesday

\*\*Calzones w/Marinara Sa **4**  
 Tossed Romaine Salad  
 w/ Bar Fixin's  
 Fruit Mix Up  
 Rice Krispie Treat  
 Milk

Thursday

\*\*Panini Sandwich **5**  
 Choice of Chips  
 Seasoned Green Beans  
 Baby Carrots  
 Apple Slices & Caramel  
 Milk

Friday

Blueberry Mini Waffles **6**  
 Scrambled Eggs  
 Tator Tots  
 Yogurt Smoothie  
 Mandarin Oranges  
 Milk



**NO SCHOOL**

**9**

Edible Taco Bowl **10**  
 w/Bar Fixins  
 WG Tortilla Chips & Bean Dip  
 Pineapple/Mandarin Oranges  
 Churro Cinnamon Cookie  
 Milk

\*\*Hamburgers **11**  
 Seasoned Green Beans  
 Baby Carrots  
 Fresh Fruit Cup  
 Jello Square  
 Milk

\*\*Bosco Cheese Stick **12**  
 Marinara Dipping Sauce  
 Romaine Salad w/Bar Fixin's  
 Peaches & Pears  
 Pumpkin Chocolate Chip Bar  
 Milk



**NOON  
 DISMISSAL  
 NO LUNCH**

**13**

\*\*French Toast Sticks **16**  
 Sausage Pattie  
 Cheesy Hashbrown Potatoes  
 Fresh Banana  
 Juice 4 U  
 Milk

Frito Chili Pie **17**  
 Sweet Niblet Corn  
 Diced Pears  
 Cinnamon Roll  
 Milk

\*\*Breaded Chkn Sandwich **18**  
 Choice of Chips  
 Seasoned Green Beans  
 Sliced Cucumbers w/Ranch  
 Applesauce  
 Milk



**CONFERENCES  
 NO SCHOOL**

**19**

**NO SCHOOL**

**20**

\*\*Chicken Wrap **23**  
 Shredded Lettuce & Tomato  
 Fresh Veggie Bar  
 Mixed Fruit Salad  
 Chocolate Cake  
 Milk

\*\*Baked Ham **24**  
 Mashed Potatoes & Gravy  
 Sweet Niblet Corn  
 Pineapple Tidbits  
 Whole Wheat Roll & Butter  
 Milk

\*\*McRib Sandwich **25**  
 French Fries  
 Baked Beans  
 Diced Pears  
 Chocolate Chip Cookie  
 Milk

\*\*Chicken Drumsticks **26**  
 Macaroni & Cheese  
 Seasoned Green Beans  
 Cucumber Slices w/Ranch  
 Fresh Grapes  
 Milk

\*\*Mozzarella Sticks **27**  
 Marinara Dipping Sauce  
 Tossed Romaine Salad  
 w/Bar Fixin's  
 Diced Peaches  
 Poke Cake  
 Milk

Pigs in a Blanket **30**  
 JoJo Potatoes  
 Seasoned Green Beans  
 Fruit Mix Up  
 Trix Yogurt  
 Milk

Chicken Strips **31**  
 Mashed Potatoes & Gravy  
 Sweet Niblet Corn  
 Strawberries & Bananas  
 WW Roll & Butter  
 Milk

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 opportunity provider  
 and employer.*

