

**October 2017
St. Henry's & St. Paul's
Lunch Menu**

All meals include choice of
Chocolate Skim, 1% or Skim Milk

2

Chicken
Patty/Bun
Baked Beans
Celery/Ranch
Fruit
Milk

3

Sloppy Joe
Tots
Carrots
Fruit
Milk

4

Fajitas
Fajita Vegetables
Rice
Romaine
Tomatoes
Fruit
Milk

5

Turkey Gravy
Mashed Potatoes
Corn
Dinner Roll
Fruit
Milk

6

Grilled Chicken
Sandwich
Glazed Carrots
Lettuce/Tomato
Fruit
Milk

9

Beef Taco
Spanish Rice
Mixed Vegetable
Salsa/Lettuce
Fruit
Milk

10

Alfredo
Broccoli
Breadstick
Carrots
Fruit
Milk

11

BBQ Riblet/Bun
Corn
Romaine/Dressing
Fruit
Milk

12

Corn Dog
Baked Beans
Broccoli
Fruit
Milk

13

Pizza
Green Beans
Carrots/Ranch
Fruit
Milk

16

Spaghetti/Meat
Sauce
Garlic Toast
Romaine/Dressing
Carrots
Fruit
Milk

17

Chicken Nuggets
French Fries
Peas
Dinner Roll
Fruit
Milk

18

Beef Nachos
Lettuce/Tomatoes
Cucumbers
Fruit
Milk

19

MEA BREAK

NO SCHOOL

20

MEA BREAK

NO SCHOOL

23

MEA BREAK

NO SCHOOL

24

Hot Ham &
Cheese
Scalloped
Potatoes
Romaine/Dressing
Fruit
Milk

25

Taco In A Bag
Refried Beans
Rice
Salsa/Lettuce
Fruit
Milk

26

Mac & Cheese
Broccoli/Ranch
Baby Carrots
Breadstick
Fruit
Milk

27

Chicken Strips
Fries
Corn
Romaine/Ranch
Dinner Roll
Fruit
Milk

30

Hamburger/Bun
Tots
Carrots
Romaine/Ranch
Fruit
Milk

31

Grilled Cheese
Broccoli
Tomatoes
Fruit
Milk

**OFFER VS
SERVE**

FYI

**Food
Components**

MUST take 3 of the
5 food components
offered for
reimbursable meal

**MENUS
SUBJECT TO
CHANGE**

**Meat
Fruit/Vegetable
Bread
Milk**

This institute is an equal opportunity
provider and employer.

For questions, comments or concerns, please contact Krystal Boyd, Food Service Director at 218-346-1525