

Our Lady Star of the Sea School October Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
30 Chicken Sandwich on Whole Wheat Bun Veggie Dippers Fruit Cup Choice of milk	1 Whole Wheat Pasta and Meatballs Italian Bread Side salad %100 Juice Choice of milk	2 Turkey Sandwich on a Whole Wheat Bun Lettuce, tomato, onion toppings 100 %Fruit Juice Choice of milk	3 Burgers/Cheeseburgers Tater Tots Veggie Dippers 100% Fruit Juice Choice of milk	4 Whole Wheat Pizza Bagel Side Salad Fruit Cup Choice of Milk
7 NO SCHOOL Teacher Inservice Day	8 Chicken Broccoli Alfredo with pasta Fruit Cup Side Salad Choice of milk	9 Taco Bowls (ground turkey and beans) Whole Grain Tortilla Chips Corn Applesauce Choice of milk	10 Fish Sandwich on Whole Wheat Bun Side Salad Fruit Cup Choice of Milk	11 Whole Wheat Pizza Bagel Side Salad Fruit Cup Choice of Milk
14 Chicken Nuggets Mac and Cheese Veggie Dippers Apple Slices Choice of milk	15 Whole Wheat Pasta and Meatballs Italian Bread Side salad Juice Choice of milk	16 Hispanic Heritage Luncheon	17 Burgers/Cheeseburgers Tater Tots Veggie Dippers 100% Fruit Juice Choice of milk	18 Whole Wheat Pizza Bagel Side Salad Fruit Cup Choice of Milk
21 Chicken Sandwich on Whole Wheat Bun Veggie Dippers Fruit Cup Choice of milk	22 Chicken Broccoli Alfredo with pasta Fruit Cup Side Salad Choice of milk	23 Turkey Sandwich on a Whole Wheat Bun Lettuce, tomato, onion toppings 100 %Fruit Juice Choice of milk	24 Fish Sandwich on Whole Wheat Bun Side Salad Fruit Cup Choice of Milk	25 Whole Wheat Pizza Bagel Side Salad Fruit Cup Choice of Milk
28 Chicken Nuggets Mac and Cheese Veggie Dippers Apple Slices Choice of milk	29 Whole Wheat Pasta and Meatballs Italian Bread Side salad Juice Choice of milk	30 Taco Bowls (ground turkey and beans) Whole Grain Tortilla Chips Corn Applesauce, Milk	31 Burgers/Cheeseburgers Tater Tots Veggie Dippers 100% Fruit Juice Choice of milk	

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