

# October





## St. Paschal



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Monday	Tuesday	Wednesday	Thursday	Friday	
			1 <b>BUTTERED NOODLES</b> <b>GARLIC BREADSTICK</b> <b>VEGGIE STICKS &amp; Ranch</b> <b>DICED PEACHES</b> <b>**SUGAR COOKIE</b> .	2 <b>SLICE OF PIZZA ROMA</b> <b>CHEESE PIZZA</b> <b>FRESH APPLE OR GRAPES</b> <b>SOFT WHEAT PRETZEL</b> <b>STICK</b> <b>CHOCOLATE PUDDING</b> .	Cal 796 T.Fat 25.76 G (29.1 %) S.Fat 7.4 G (8.4 %) Carb 119.00 G (59.8 %)
5 <b>MINI CORN DOGS (chicken)</b> <b>SMILEY FACE</b> <b>POTATOES</b> <b>FRESH VEGGIE CUP</b> <b>SLICED APPLES</b> .	6 <b>BUTTERED NOODLES</b> <b>BREADED MOZZARELLA</b> <b>STIX</b> <b>VEGGIE STICKS &amp; Ranch</b> <b>Chocolate ELF GRAHAMS</b> .	7 Brunch for Lunch! <b>EGG McMUFFIN</b> with cheese, sausage <b>POTATO TRIANGLE</b> <b>CINNAMON APPLESAUCE</b> <b>YOPLAIT YOGURT</b> .	8 <b>SLICE OF PIZZA ROMA</b> <b>CHEESE PIZZA</b> <b>FRESH FRUIT OF THE DAY</b> <b>SOFT WHEAT PRETZEL</b> <b>STICK</b> <b>VANILLA PUDDING</b> .	9 <b>NO School</b>	Cal 741 T.Fat 21.95 G (26.6 %) S.Fat 7.8 G (9.4 %) Carb 111.22 G (60.0 %)
12 <b>CHICKEN POPPERS</b> with dunking sauce <b>SPUDSTER POTATO BITES</b> <b>ITALIAN GREEN BEANS</b> <b>MANDARIN ORANGE SLICES</b> .	13 <b>BAKED CHICKEN PATTY ON</b> <b>WHEAT BUN</b> <b>FRENCH FRIES</b> <b>DICED PEARS</b> <b>OREO COOKIES</b> .	14 <b>FRENCH TOAST STICKS</b> <b>WITH SYRUP</b> <b>POTATO TRIANGLE</b> <b>TURKEY SAUSAGE LINK</b> <b>CINNAMON APPLESAUCE</b> .	15 <b>BUTTERED NOODLES</b> <b>BOSCO CHEESY</b> <b>BREADSTICK</b> <b>VEGGIE STICKS &amp; Ranch</b> <b>Strawberry Cup</b> .	16 <b>SLICE OF PIZZA ROMA</b> <b>CHEESE PIZZA</b> <b>FRESH FRUIT OF THE DAY</b> <b>SOFT WHEAT PRETZEL</b> <b>STICK</b> <b>CHOCOLATE PUDDING</b> .	Cal 838 T.Fat 22.10 G (23.7 %) S.Fat 6.1 G (6.6 %) Carb 136.44 G (65.1 %)
19 <b>3 TACO TRIANGLES</b> <b>CRAZY CORN</b> <b>MEXICAN RICE</b> <b>PINEAPPLE TIDBITS</b> .	20 <b>CHICKEN NUGGETS</b> <b>BAKED SEASONED WEDGE</b> <b>FRIES</b> <b>FRESH VEGGIE CUP</b> <b>FRESH FRUIT OF THE DAY</b> . <b>Ranch dressing</b>	21 <b>Eggo Mini Cinnamon</b> <b>Waffles</b> <b>POTATO TRIANGLE</b> <b>TURKEY SAUSAGE LINK</b> <b>CINNAMON APPLESAUCE</b> .	22 <b>BUTTERED NOODLES</b> <b>GARLIC BREADSTICK</b> <b>FRESH VEGGIE CUP</b> <b>**SUGAR COOKIE</b> .	23 <b>SLICE OF PIZZA ROMA</b> <b>CHEESE PIZZA</b> <b>FRESH APPLE OR GRAPES</b> <b>SOFT WHEAT PRETZEL</b> <b>STICK</b> <b>VANILLA PUDDING</b> .	Cal 694 T.Fat 18.53 G (24.0 %) S.Fat 5.7 G (7.3 %) Carb 107.42 G (61.9 %)
26 <b>OVEN BAKED CHICKEN</b> <b>FRYZ</b> <b>CHEESY MAC AND CHEESE</b> <b>VEGGIE STICKS &amp; Ranch</b> <b>BLUE RASPBERRY</b> <b>FRUIT JUICE BAR</b> .	27 <b>ALL BEEF HOT DOG</b> <b>TATER TOTS</b> <b>FRESH VEGGIE CUP</b> <b>SLICED APPLES</b> . <b>Ranch dressing</b>	28 <b>MAPLE BURNST'N MINI</b> <b>PANCAKES</b> <b>TURKEY SAUSAGE LINK</b> <b>POTATO TRIANGLE</b> <b>APPLESAUCE</b> .	29 <b>BUTTERED NOODLES</b> <b>GARLIC BREADSTICK</b> <b>FRESH VEGGIE CUP</b> <b>Strawberry Cup</b> .	30 <b>SLICE OF PIZZA ROMA</b> <b>CHEESE PIZZA</b> <b>FRESH FRUIT OF THE DAY</b> <b>SOFT WHEAT PRETZEL</b> <b>STICK</b> <b>CHOCOLATE PUDDING</b> .	<b>Happy Halloween!</b> 

Menus subject to change, especially if calamity days are called

If your child has a *severe food allergy*, please review menu carefully and call 995-7835 for additional info. or ingredient listings.

Menus reviewed by Robin Smeal, RD, LD