

OCTOBER | 2019

ST. CECILIA



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

30 Chicken Tenders or Cheeseburger Pickles, Lettuce Tomato Green Beans Macaroni & Cheese Frozen Sidekicks Diced Peaches Milk	1 Beef Taco or Beef Enchiladas Salsa, Sour Cream Black Beans Lettuce, Tomato, Onion Diced Pears Fresh Fruit Milk	2 Chicken Drumstick with Roll or Ham & Cheese Sub Glazed Carrots Mashed Potatoes Veggie Boat Pineapple Tidbits Fresh Fruit Milk	3 Baked Ziti with Bread Stick or Individual Cheese Pizza Steamed Broccoli Salad Mandarin Oranges Fresh Fruit Milk	4 French Toast Scrambled Eggs Salsa Veggie Boat Baked Apple Slices Fresh Fruit Milk
7 Mini Corn Dogs or Hot Ham & Cheese Sandwich Carrots with Dip Green Beans Frozen Sidekick Diced Peaches Milk	8 Hamburger/Cheeseburger or Hot Dog Pickles, Lettuce, Tomato Baked Beans Waffle Fries Diced Pears Fresh Fruit Milk	9 Mandarin Chicken or Teriyaki Dippers Rice Steamed Broccoli Pineapple Tidbits Fresh Fruit Milk	10 3 or 4 Way Chili Spaghetti Kidney Beans, Onions Oyster Crackers Garden Salad Mandarin Oranges Fresh Fruit Milk	11 WALK A THON
14 Chicken Quesadilla or Cheese Quesadilla Salsa, Sour Cream Refried Beans Corn Frozen Sidekicks Diced Peaches	15 Hot Dog or Cheese Coney Roasted Potatoes Onion, Shredded Cheese Carrots/Celery with Dip Diced Pears Fresh Fruit	16 Salisbury Steak with Roll or Hamburger/Cheeseburger Green Beans Mashed Potatoes Pineapple Tidbits Fresh Fruit Milk	17 Chicken Nuggets Macaroni & Cheese Baked Beans Veggie Boat Mandarin Oranges Fresh Fruit Milk	18 Grilled Cheese or Fish Sandwich Tomato Soup Oyster Crackers Salad Applesauce Fresh Fruit Milk
21 Chicken Patty on Bun or Pork BBQ on Bun Glazed Carrots Waffle Fries Pickles, Lettuce, Tomato Frozen Sidekicks Diced Peaches Milk	22 Cheese Pizza or Pepperoni Pizza Corn Diced Pears Fresh Fruit Milk	23 Spaghetti with Meat Sauce Or Chicken Alfredo Dinner Roll Green Beans Garden Salad Pineapple Tidbits Fresh Fruit Milk	24 Confetti Pancakes Sausage Links Smile Fries Veggie Boat Baked Apples Fresh Fruit Milk	25 Pizza Crunchers or Cheesy Flatbread Marinara Sauce Steamed Broccoli Salad Mandarin Oranges Fresh Fruit Milk
28 Chicken Tenders or Cheeseburger Pickles, Lettuce Tomato Green Beans Macaroni & Cheese Frozen Sidekicks Diced Peaches Milk	29 Beef Taco or Beef Enchiladas Salsa, Sour Cream Black Beans Lettuce, Tomato, Onion Diced Pears Fresh Fruit Milk	30 Chicken Drumstick with Roll or Ham & Cheese Sub Glazed Carrots Mashed Potatoes Veggie Boat Pineapple Tidbits Fresh Fruit Milk	31 Baked Ziti or Individual Cheese Pizza Steamed Broccoli Salad Mandarin Oranges Fresh Fruit Milk	1 French Toast Scrambled Eggs Salsa Veggie Boat Baked Apple Slices Fresh Fruit

News
STUDENT 2.90
MILK .50
ADULT 3.60

THIS
INSTITUTION
IS AN EQUAL
OPPORTUNITY
PROVIDER