

LUNCH

OCTOBER 2019
ST MALACHY

THIS IS AN EQUAL OPPORTUNITY PROVIDER AND JUSTICE FOR ALL.

Monday

7 CALZONE
TACO FIESTA BEANS
WITH TOSTITO CHIPS
PINEAPPLE

14 CHEESE PIZZA
LETTUCE SALAD
RANCH DRESSING
MIXED FRUIT

21 BREADED PORK
ON WG BUN
LETTUCE SALAD WITH
RANCH DRESSING
MIXED FRUIT

28 SLOPPY JOE/WG BUN
ORANGE GLAZED
CARROTS
MANDARIN ORANGES

Tuesday

1 SPAGHETTI
FRESH BROCCOLI
RANCH FOR DIP
GARLIC STICK
APPLE

8 CHICKEN ALFREDO
WITH A TWIST
SAVORY CARROTS
CINNAMON APPLES
BREADSTICK

15 TUNA AND NOODLES
BUTTERED PEAS
WG ROLL
BANANA

22 BEEF STROGANOFF
OVER WG NOODLES
SEASONED GREEN
BEANS
WG ROLL

29 COWBOY CAVATINI
GREEN BEANS
GARLIC STICK
BANANA

Wednesday

2 CORNDOG
KETCHUP
BAKED LAYS
SEASONED CARROTS
PEACHES

9 HAMBURGER ON
WG BUN
BROCCOLI WITH CHEESE
PEARS

16 HOT DOG
ON WG BUN
BAKED BEANS
MANDARIN ORANGES

23 SHRIMP POPPERS
DIPPING SAUCE
MAC & CHEESE
MINI GARLIC BREAD
COOKED CARROTS

30 CHEESE BREAD
MARINARA FOR DIP
COOKED BROCCOLI
PEARS

Thursday

3 HOT BEEF SUNDAE
PEAS
MANDARIN ORANGES
BISCUIT/JELLY

10 CHICKEN TENDERS
MEXICALI CORN
WG ROLL
ORANGE SMILES

17 ORANGE CHICKEN
WG RICE
GREEN BEANS
WG BISCUIT
APPLESAUCE

24 MACI BOWL
POPCORN CHICKEN
MASHED POTATOES
CORN
CHICKEN GRAVY
ROLL/FRESH APPLE

31 Halloween
Lunch

Friday

4 BREADED FISH
ON WG BUN
TARTER SAUCE
BAKED BEANS
MIXED FRUIT

11 EARLY OUT
HOMECOMING

18 CRISPITO
YOGURT
GARLIC STICK
FRESH CARRITOS /RANCH
PINEAPPLE

25 NO SCHOOL

MILK IS OFFERED WITH ALL MEALS-SKIM WHITE, SKIM CHOCOLATE AND 1% WHITE
WATER AVAILABLE AT MEALS

K-8 OFFER VS SERVE...PICK YOUR MEAL COMPONENTS.....1 MUST BE A FRUIT OR VEGETABLE...MUST HAVE 3 COMPONENTS ON YOUR TRAY OR YOU CAN HAVE THEM ALL
MENU IS SUBJECT TO CHANGE-----WG=WHOLE GRAIN

