



# October 2018 St. Clare of Montefalco Lunch Menu



1% or Skim Milk Is Served With Every Meal

This Institution Is an Equal Opportunity Provider



Mon	Tue	Wed	Thu	Fri
1 Bosco Sticks w/ Marinara sauce Green Beans Applesauce	2 Baked Chicken Tenders Fresh Carrots WG Breadsticks Diced Pears	3 Pizza Romaine Salad Apple Sauce	4 Mini Corn Dogs Baked Beans Fresh Apple	5 Pizza Romaine Salad Fresh Orange
8 Chicken Patty on a WG Bun Maple Baked Beans Fresh Apple	9 *Dutch Waffles* Trix Yogurt Celery Sticks Pineapple Tidbits Pancake Syrup	10 Pizza Romaine Salad Apple Slices	11 Baked Chicken Nuggets Fresh Carrots WG Breadsticks Diced Pears	12 Pizza Romaine Salad Apple Slices
15 Lasagna Roll-ups Green Beans Fresh Apple WG Breadstick	16 Baked Chicken Tenders Fresh Carrots WG Bread Slice Diced Pears	17 Pizza Romaine Salad Apple Sauce	18  <b>No School</b>	19  <b>No School</b>
22 Italian Pasta w/Meat Sauce Tossed Salad Ranch and Italian Applesauce	23 Popcorn Chicken Mashed Potatoes WG Bread Slice Diced Peaches	24 Pizza Romaine Salad Apple Slices	25 Cheeseburger on a WG Bun Hot Carrots Fresh Apple	26 Pizza Romaine Salad Fresh Orange
29 Macaroni and Cheese Green Beans Fresh Orange <b>Pumpkin Cookie</b>	30 Baked Chicken Nuggets Fresh Carrots WG Breadsticks Diced Pears	31  No Lunch  1/2 Day	Nov 1 Beef Hot Dogs on WG Bun Baked Beans Fresh Apple	Nov 2 Pizza Romaine Salad Diced Peaches

Wk4