



Don't forget to eat your vegetables.

St. Lucy

Lunch Menu

Fresh Vegetable Choices and Seasonal Fruit are Offered Daily on the Fruit & Vegetable Bar

October

2018

MONDAY

Child Health Day 1
Build Your Own Baked Potato - Broccoli, Diced Ham or Chicken, Cheese OR Turkey BLT Wrap

Steamed Broccoli
Fruit & Vegetable Bar

TUESDAY

Bully Prevention Month 2
Turkey Nacho Supreme with Cheese Sauce OR Deli Sub Ham & Cheese with Nacho Chips

Black Bean & Corn Salad
Fruit & Vegetable Bar

WEDNESDAY

National Pizza Month 3
Pizza Parlor Pizza OR Pretzel Bites w/Cheese

Caesar Side Salad
Fruit & Vegetable Bar

THURSDAY

4

NO SCHOOL

FRIDAY

5

NO SCHOOL

8
Pancakes w/Fruit Topping with Sausage Patty OR Chicken Caesar Salad with Rolls
Potato Triangle
Fruit & Vegetable Bar

HOM Pear 9
Roast Pork and Gravy OR Chef Salad

Mashed Potatoes w/ Gravy
Green Beans
Cornbread
Fruit & Vegetable Bar

10
Chicken Nuggets with Roll OR Munchable (WG crackers, meat and cheese)

Green Beans
Birthday Cake
Fruit & Vegetable Bar

HOM Lemon Grass 11
Asian Chicken Noodle Bowl with Lemon Grass and Breadstick OR Classic Cheeseburger

Mixed Vegetables
Fruit & Vegetable Bar

12
Pizza Dippers with Marinera Sauce OR Taco Salad

Roasted Broccoli
Fruit & Vegetable Bar

School Lunch Week 15
Homemade Chili with Cornbread OR Roasted Hot Dog

Ranch Potato Wedges
Fruit & Vegetable Bar

16
Chicken Tenders with Dipping Sauce OR Deli Turkey & Cheese Sub

Mashed Potatoes w/Gravy
Fruit & Vegetable Bar

17
Chicken & Gravy with Mashed Potatoes OR Garden Salad
Green Beans
Soft Pan Rolls
Rice Krispie Treat
Fruit & Vegetable Bar

18
Beefy Nachos with cheese sauce OR Turkey Cranberry Wrap

Black Bean Corn Salsa
Fruit & Vegetable Bar

Made from Scratch 19
Spaghetti with Meatsauce and Garlic Toast OR Yogurt Pak

Italian Tomato Salad
Fruit & Vegetable Bar

22
French Toast Sticks and a Blenderless Smoothie OR Harvest Chicken Salad

Breakfast Potatoes
Fruit & Vegetable Bar

23
Chicken Fajitas OR Turkey BLT wrap with Kettle Chips

Black Beans
Seasoned Corn
Fruit & Vegetable Bar

24
Ravioli with Meat Sauce, Slice of French Bread OR Pretzel Bites w/Cheese

Garden Green Beans
Fruit & Vegetable Bar

~~25~~
~~All American Burger Basket with Pickle Slices OR Apple Waldorf Salad~~

~~Baked Fries~~
Fruit & Vegetable Bar

~~**National Pretzel Month** 26~~
~~Pizza Parlor OR Chicken Caesar Salad~~

~~Garlic & Fresh Broccoli **Chocolate Covered Pretzel**~~
Fruit & Vegetable Bar

29
Orange Chicken Bites over Rice OR Ham & Cheese Sub with Kettle Chips

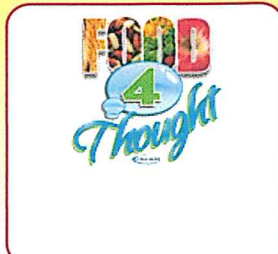
Green Peas
Fruit & Vegetable Bar

NEW!!! 30
Lasagna Roll Up with Garlic Toast OR Chicken Patty Sandwich

Green Beans
Caesar Side Salad
Fruit & Vegetable Bar

HOM Beet 31
Walking Taco with Walking Taco with Lettuce and Tomato OR Yogurt Pak

Spiced Pinto Beans, Chips & Salsa
Chocolate Beet



PRICES

Regular	2.95
Reduced	\$0.40
Adult	\$3.55
Milk	\$0.50
Extra Entrée	\$2.50



EXTRA INFO

Milk choice of 1% White or Chocolate Skim is included with lunch.
Entree Salads are served with Dinner Roll
For questions or comments, contact Karen Dominguez at 262-632-2785 ext.420 or FoodService@sienacatholicschools.org

