



**Most Holy Redeemer**  
CATHOLIC SCHOOL

**October 2023**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2 Italy</b> Pepperoni or Cheese Pizza Peas Lettuce salad Peaches	<b>3 Czech Republic</b> Pork Roast Potato Dumpling Green Beans Bun Apple sauce	<b>4 China</b> Chicken Lo Mein Egg Roll Carrots Pineapple Bun	<b>5 Mexico</b> Taco Day Mexican Rice corn Mandarin Orange	<b>6 MARATHON USA 11 am</b> Hamburger or Hot Dog Chips Baby Carrots Pickles Apple
<b>9</b> Chicken Alfredo Garlic Toast Broccoli Lettuce Salad Grapes	<b>10</b> Corn Dog Tator Tots Baked Beans Cheese Stick Fruit Cocktail	<b>11 SPIRIT DAY</b> Chili or Tomato Soup Grilled cheese Cucumbers Pears	<b>12</b> Hot Beef Sandwich French Fries Peas & Carrots Apple Slices	<b>13</b> French Toast Sausage Patty Carrots Yogurt Strawberries
<b>16</b> Pulled Pork Sandwich Buttered Noodles Green Beans Peaches	<b>17</b> Baked Ham Scalloped Potato Carrots Pineapple Bread	<b>18</b> Chicken Nuggets Baked Potato Peas Apple Sauce Bun	<b>19</b> NO SCHOOL MEA	<b>20</b> NO SCHOOL MEA
<b>23</b> Breaded Chicken sandwich French fries Green beans Orange Slices	<b>24</b> Veggie Beef Noodle O Soup Cheese Stick Celery Strawberries Bun	<b>25</b> Salisbury Steak Mashed Potato Corn Pears Dinner Roll	<b>26</b> Pizza Burger Mozzarella Sticks Cucumbers Peaches <b>New - Beets</b>	<b>27</b> Fish Nuggets Mac & Cheese Peas Celery Sticks Tropical Fruit
<b>30</b> Sloppy Joe Tator Tots Carrots Grapes	<b>31</b> Chicken Fajita Chips & Salsa Corn Peaches			

All meals include 1 cup of 1% milk; chocolate or regular  
 Menus comply with the new USDA nutritional guidelines:  
 • 100% juice, no more than one serving per day  
 • Name of breakfast cereal to confirm the sugar limit is met

MHRS is an equal opportunity provider.