



Most Holy Redeemer
CATHOLIC SCHOOL

October, 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Look for "Warm Breakfast Wednesdays!"			1 <u>Marathon Cookout!</u> Hamburger on a bun* Carrot chips Grapes Potato chips	2 Cheese tortellini Spaghetti sauce Corn Tropical fruit Buttered bread*
5 Meatballs & Spaghetti sauce Penne pasta* Romaine salad Apple Slices Garlic dinner roll*	6 Mini corn dogs* P-5 Corn dogs* 6-8 Buttered potatoes Peas Pears Dinner roll*	7 <u>Sausage patty</u> Boneless drummies* Buttered noodles* <u>Parm chickpeas</u> Peaches Buttered bread*	8 Hamburger gravy Mashed potatoes Corn Fruit cocktail Buttered bread*	9 Grilled cheese on Sliced bread* Tomato soup Baked potato Carrot chips Mandarins
12 Pulled pork on a bun* Rotini* 'n' cheese Corn Orange slices	13 Pizza burger on Sub bun* Steamed broccoli Peaches	14 MEA No school	15 MEA No school	16 MEA No school
19 Pizza on flatbread* Cheese or pepperoni Curly fries Green beans Peaches	20 LL-2nd field trip Hot dog on a bun* Herb roasted potatoes Corn Fruit cocktail	21 <u>Fr toast sticks*</u> <u>3rd-8th field trip</u> Chicken nuggets* French fries Peas Apple sauce Dinner roll*	22 Chicken tacos Refried beans Brown rice* Romaine salad Torilla* or corn chips* Pears	23 Cheese tortellini Spaghetti sauce Cowboy beans Mandarins Buttered bread*
26 French toast sticks* Sausage patty Hash brown Cooked carrots Orange slices	27 Chicken in Alfredo sauce Penne pasta* Corn Apple sauce Dinner roll*	28 <u>Cheese omelet</u> Hamburger on a bun* Curly fries Baked beans Pineapple	29 Tater tot hotdish Steamed broccoli Mandarins Dinner roll*	30 <u>Cheesy flatbread*</u> Spaghetti sauce Baked potato Green beans Apple slices

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

*Indicates whole-grain rich (WG) item
MHRS is an equal opportunity provider
Preschoolers are only served 1% white milk
Menu is subject to change