



Most Holy Redeemer
CATHOLIC SCHOOL

October 2021

Monday	Tuesday	Wednesday	Thursday	Friday
				Oct - 1 Chicken Alfredo Garlic Toast Broccoli Pears
Oct - 4 French Toast Sticks Sausage Carrots Strawberries Yogurt	Oct - 5 Chicken Nuggets Macaroni & Cheese Peas Celery Sticks w/ranch or peanut butter Pineapple	Oct - 6 Beef Stroganoff Bread Roll Lettuce Salad Green Beans Pears	Oct - 7 Chicken Fajita w/fried onions and peppers Nachos w/Salsa Corn Peaches	Oct - 8 Cook Out! Hamburger w/onion, pickle lettuce, & cheese Potato Salad Coleslaw, Apple
Oct - 11 Hogie Pizza Burger Garlic Toast Lettuce Salad w/cheese Banana	Oct - 12 Chicken Noodle Soup w/crackers Biscuit Green Beans Pears	Oct - 13 BBQ Meatballs Au Gratin Potatoes Peas Pineapple Bun or Bread Slice	Oct - 14 Taco Day w/lettuce, tomato, cheese, sour cream Spanish Rice Corn Apple Slices	Oct - 15 Spaghetti and Meatsauce Breaded Mozzarella Sticks Cucumber Slices Peaches
Oct - 18 Chicken Drumsticks Baked Potato w/sour cream, onion, cheese Green Beans Banana Bun or Bread Slice	Oct - 19 Bag Lunch Sub Sandwich w/lettuce & cheese Baby Carrots Orange Slices Potato Chips	Oct - 20 Ground Beef Gravy Mashed Potatoes Peas and Carrots Fruit Cocktail Bread Roll	Oct - 21 No school	Oct - 22 No school
Oct - 25 Chicken Sandwich Macaroni & Cheese Green Beans Coleslaw Grapes	Oct - 26 Corn Dog French Fries Bean Salad Baby carrots w/ranch Peaches	Oct - 27 Baked Ham Au Gratin Potatoes Peas Fruit Cocktail Bread Roll	Oct - 28 Tomato Soup or Chili Soup w/crackers Grilled Cheese Celery Sticks w/ranch or peanut butter Pears	Oct - 29 Shrimp Poppers Vegetable Fried Rice Asian Slaw Cauliflower Mandarin Oranges

* All meals include 1 cup of 1% milk; chocolate or regular