



**Most Holy Redeemer**  
CATHOLIC SCHOOL

# October 2022

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 3 Taco Day w/lettuce, tomato, cheese, sour cream Spanish Rice Corn Banana	Oct - 4 French Toast Sticks Sausage Patty Cottage Cheese or Yogurt Carrots Blue & Strawberries	Oct - 5 Hogie Pizza Burger Garlic Toast Lettuce Salad w/Cheese Pickle Wedge Grapes	Oct - 6 Marathon <b>Cook Out at 11:15!</b> Hot Dog Choice of Chips Celery and/or Baby Carrots Apple and/or Raisins	Oct - 7 Tomato Soup or Chili Soup w/crackers Grilled Cheese Celery Sticks w/ranch or peanut butter Orange Slices
Oct - 10 Beef Stroganoff Lettuce Salad with cheese Green Beans Grapes Bun or Bread Slice	Oct - 11 BBQ Pulled Pork Sandwich Potato Chips Baked Beans Coleslaw Tropical Fruit	Oct - 12 Salisbury Steak with onions & gravy Mashed Potatoes Carrots Fruit Cocktail Bread Roll	Oct - 13 PT conference Chicken Alfredo Garlic Toast Broccoli Romaine Salad Peaches	Oct - 14 Fish Sandwich with lettuce French Fries Coleslaw Green Beans Orange Slices
Oct - 17 Chicken Nuggets Macaroni & Cheese Peas Carrots Pineapple	Oct - 18 Cheese Pizza Garlic Toast Celery Sticks Raisins Apple	Oct - 19 <b>No school</b>	Oct - 20 <b>No school</b>	Oct - 21 <b>No school</b>
Oct - 24 Chicken Drumsticks Baked Potato w/sour cream, onion, cheese Carrots Applesauce Bun or Bread Slice	Oct - 25 Tator Tot Hotdish Cheesestick Lettuce Salad w/Cheese Grapes Bread Roll	Oct - 26 Spaghetti and Meatsauce Breaded Mozzarella Sticks Cucumber Slices Pears	Oct - 27 Chicken Fajita with fried onions and peppers Nachos with salsa Corn Pears	Oct - 28 Shrimp Poppers Vegetable Fried Rice Asian Slaw Cauliflower Mandarin Oranges
Oct - 31 Hamburger with onion, pickle, lettuce, cheese French Fries Baby carrots w/ranch Applesauce				

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