

October 2020

Saint Rose of Lima Catholic School



St. Rose of Lima Catholic School

Our Mission: Grow in God's Love, Foster His Catholic Faith, Serve His People, Educate the Whole Child.



*Choose at least 3 of the 5 components.

*One must be a full serving of fruit or veggies!

*For a complete meal choose 5!

*GROUPS: Fruit, Milk, Veggies, Protein, Grain

*Menu subject to change at any time due to product availability



Tater Tot Casserole
Corn, Lettuce Salad
Bread and Butter
Peaches
Rainbow Yogurt Bar, Milk

1 Chicken Strips
Potato Wedges
Lettuce Salad
Kiwi, Mixed Fruit
Blonde Brownies, Milk

2

5

Pancakes
Sausage Links
Veggie Tray
Orange Juice
Bananas, Pears, Milk

6 Hamburger on Buns
Cheese Slices
California Vegetables
Stealth Fries, Baked Beans
Oranges, Pineapple, Milk

7

Chicken and Gravy
Mashed Potatoes
Green Beans, Carrots
Dinner Rolls
Apples, Peaches, Milk

8

Hot Dog or Brat on Buns
Ranch Fries
Baked Beans
Veggie Tray, Oranges
Pears, Milk

9

Sloppy Joes on Buns
Cheese Slices
Skinny Fries, Tomato Slices
Applesauce
Cookies, Milk

12

Nacho Supreme
California Vegetables
Applesauce
Veggie Tray
Oranges, Milk

13 Chicken Patty on Bun
Smile Fries
Broccoli with Cheese
Pears
Apples, Milk

14

Sliced Ham
Mashed Potatoes
Green Beans, Carrots
Dinner Rolls, Mixed Fruit
Almond Bars, Milk

15

Beefy Macaroni
Corn
Veggie Tray
Lettuce Salad, Pizza Dippers
Pears, Bananas, Milk

16

Grilled Cheese
Tomato Soup/Crackers
Green Beans, Lettuce Salad
Oranges, Applesauce
Cookies, Milk

19

Chili with Crackers
Peanut Butter Sandwich
Veggie Tray
Bananas
Apple Crisp, Milk

20 Sub Sandwiches
Lettuce Sala
French Fries
Tomatoes, Kiwi
Mixed Fruit, Milk

21

Chicken Bowl:
Chicken Nuggets
Mashed Potatoes, Gravy, Corn
Cheese
Grapes, Pears, Milk

22

Hot Ham on Buns
Cheese Slices
Ranch Fries
Baked Beans
Apples, Peaches, Milk

23

Cheese Pizza
Lettuce Salad
Green Beans
Fresh Fruit, Peaches
Cookies, Milk

26

Chicken Alphabet Soup
Crackers, Veggie Tray
Bologna Sandwiches
Pears, Apples
Pumpkin Bars, Milk

27 Tacos with Toppings
Broccoli
Tortilla Chips with Salsa
Oranges
Peaches, Milk

28

Chicken Nuggets
Mashed Potatoes and Gravy
Green Beans, Carrots
Dinner Rolls
Bananas, Mixed Fruit, Milk

29

Baked Potato Bar
Chicken Strips
Corn
Pineapple
Applesauce, Milk

30

French Toast
Sausage Links
String Cheese
Veggie Tray, Pears, Kiwi
Cookies and Milk