



St. Francis of Assisi Catholic School

October
2022

Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>BBQ Pulled Pork Sandwich</p> <p>Ham Deli Sandwich</p> <p>Kettle Potato Chips Coleslaw Fresh or Canned Fruit</p>	<p>4</p> <p>Turkey Taco Lettuce, Tomato and Cheese Refried Beans</p> <p>Crispy Chicken Salad</p> <p>Fresh or Canned Fruit</p>	<p>5</p> <p>Chicken Alfredo w/Pasta Bread Stick</p> <p>Cowboy BBQ Crispy Chicken Munchable</p> <p>Garlic & Herb Broccoli Fresh or Canned Fruit</p>	<p>6</p> <p>Hamburger on a Bun</p> <p>Corn Dog</p> <p>Golden French Fries Fresh or Canned Fruit</p>	<p>7</p> <p>Pepperoni Pizza</p> <p>BBQ Rib Sandwich</p> <p>Vegetable Selection Fresh or Canned Fruit</p>
<p>10</p> <p>Pancakes Syrup Sausage Patty</p> <p>Breakfast Burrito</p> <p>Breakfast Potatoes Fresh or Canned Fruit</p>	<p>11</p> <p>Steak or Chicken Fajitas Roasted Peppers Rice</p> <p>Ham Munchable</p> <p>Fresh or Canned Fruit</p>	<p>12</p> <p>Beef Stroganoff Whole Grain Dinner Roll</p> <p>Chicken Taco Salad</p> <p>Fresh or Canned Fruit</p>	<p>13</p> <p>Crispy Chicken Sandwich</p> <p>Turkey Deli Sandwich</p> <p>Golden French Fries Fresh or Canned Fruit</p>	<p>14</p> <p>French Bread Pizza Marinara Sauce</p> <p>Beef Hotdog on a Bun</p> <p>Vegetable Selection Fresh or Canned Fruit</p>
<p>17</p> <p>Crispy Chicken Tenders</p> <p>Chicken & Gravy</p> <p>Garlic Mashed Potato Cornbread Fresh or Canned Fruit</p>	<p>18</p> <p>Soft Beef Tacos Lettuce, Tomato and Cheese</p> <p>Honey Mustard Ham Wrap</p> <p>Mexican Corn Fresh or Canned Fruit</p>	<p>19 No School</p>	<p>20 No School</p>	<p>21 No School</p>
<p>24</p> <p>Pancakes Syrup Sausage Patty</p> <p>Sausage Breakfast Biscuit</p> <p>Tri Tater Fresh or Canned Fruit</p>	<p>25</p> <p>Chicken Bites w/ Sweet & Sour Sauce Fried Rice Egg Roll</p> <p>Salsa Chicken Bowl</p> <p>Fresh or Canned Fruit</p>	<p>26</p> <p>Macaroni & Cheese Steamed Green Beans</p> <p>Beef Taco Salad</p> <p>Fresh or Canned Fruit</p>	<p>27</p> <p>Hamburger on a Bun</p> <p>Salisbury Steak Sandwich</p> <p>Golden French Fries Fresh or Canned Fruit</p>	<p>28</p> <p>Pepperoni Pizza</p> <p>Buffalo Chicken Fajita Wrap</p> <p>Vegetable Selection Fresh or Canned Fruit</p>
<p>31</p> <p>Corn Dog</p> <p>Ham Deli Sandwich</p> <p>Golden French Fries Fresh or Canned Fruit</p>				

PRICES

EXTRA INFO

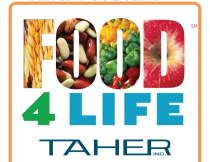
Milk Choice of 1% White or Skim Chocolate is Included with Lunch
For Questions or Concerns Contact Michelle Nelson
michelle.nelson@rcsmn.org

HARVEST OF



THE MONTH

Your MENUS plus more information on our app
TaHER Food4Life®



www.taHER.com