

St. John's Evangelist Middle 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>Chicken Fajitas Roasted Peppers Mexican Brown Rice</p> <p>Ham Munchable</p> <p>Fresh or Canned Fruit</p> | <p>12</p> <p>Tater Tot Casserole 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 Tacos Lettuce, Tomato and Cheese Brown Rice Black Beans</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> | <p>This is for Food 4 Thought</p> | | | |

PRICES

Student Lunch
Extra Entree
Staff Lunch
Extra Milk
Salad Bar Only

\$1.50

EXTRA INFO

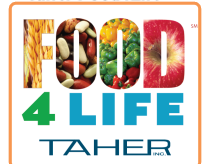
Milk Choice of 1% White or Skim Chocolate is
Included with Lunch
For Questions or Concerns Contact Michelle
Nelson
michelle.nelson@rcsmn.org

HARVEST OF



THE MONTH

Your MENUS plus more
information on our app
TaHer Food4Life®



www.taHer.com