



# Holy Spirit Catholic School

October  
2022

## Lunch Menu



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

**EXTRA INFO**

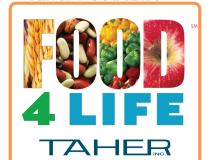
Milk Choice of 1% White or Skim Chocolate is Included with Lunch. For Questions or Concerns Contact Michelle Nelson  
michelle.nelson@rcsmn.org

**HARVEST OF**



**THE MONTH**

Your MENUS plus more information on our app  
TaHer Food4Life®



www.taHer.com