

# St. Joan Antida High School

## MCFI

### 9-12 Hot Lunch



# October 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> WG Three Cheese Calzone Marinara Sauce (1/4 cup) Fresh Baby Carrots (3/4 cup) Fresh Local Apple Seasonal Lunch Fruit Choice of Milk	<b>4</b> Diced Chicken and Gravy over WG Brown Rice WG Dinner Roll with Margarine Fresh Broccoli Bites Fresh Clementines (2 each) Seasonal Lunch Fruit Choice of Milk	<b>5</b> WG Cheese Ravioli with Marinara Sauce with Shredded Cheese (1 oz) WG Breadstick WG Cracker Fresh Garden Salad Blend with Dressing Fresh Local Pear Seasonal Lunch Fruit Choice of Milk	<b>6</b> WG Chicken Corn Dog Ketchup Packet Oven Roasted Potatoes Ketchup Packet Chilled Strawberries Seasonal Lunch Fruit Choice of Milk	<b>7</b> Carne Asada (Beef) and Shredded Cheddar Cheese (1 oz) with WG Tortilla Chips (1 oz) and Taco Sauce WG Cracker Ranchero Beans Fresh Local Apple Seasonal Lunch Fruit Choice of Milk
<b>10</b> Roasted Chicken Leg BBQ Packet WG Biscuit Steamed Carrots Chilled Cinnamon Applesauce Seasonal Lunch Fruit Choice of Milk	<b>11</b> Turkey Hot Dog on WG Bun Ketchup Packet Vegetarian Baked Beans Fresh Orange Seasonal Lunch Fruit Choice of Milk	<b>12</b> Swedish Turkey Meatballs WG Dinner Roll WG Cracker Mashed Potatoes Chilled Peaches Seasonal Lunch Fruit Choice of Milk	<b>13</b> <b>Great Lakes Apple Crunch</b> Domino's Cheese Pizza Fresh Romaine Salad with Dressing Fresh Local Apple Seasonal Lunch Fruit Choice of Milk	<b>14</b> Cheeseburger on WG Bun Ketchup Packet Fresh Cucumber Slices (1/2 cup) Baby Carrots (1/2 cup) Chilled Pears Seasonal Lunch Fruit Choice of Milk
<b>17</b> Beef Tacos with Shredded Cheese on WG Tortilla WG Cracker Ranchero Beans Fresh Local Apple Seasonal Lunch Fruit Choice of Milk	<b>18</b> Chicken Alfredo over Bowtie Pasta WG Breadstick Fresh Baby Carrots Fresh Local Pear Seasonal Lunch Fruit Choice of Milk	<b>19</b> WG Chicken Nuggets with BBQ Sauce WG Dinner Roll Steamed Mixed Vegetables Fresh Orange Seasonal Lunch Fruit Choice of Milk	<b>20</b> WG Cheese Pizza Sticks Marinara Dipping Sauce (1/4 cup) Fresh Romaine Salad (1-1/2 cup) with Dressing Chilled Strawberries Seasonal Lunch Fruit Choice of Milk	<b>21</b> WG French Toast Sticks (3) Syrup Cup Cherry Vanilla Yogurt WG Cracker Oven Roasted Potatoes Ketchup Packet Fresh Local Apple Seasonal Lunch Fruit Choice of Milk
<b>24</b> WG Cheese Quesadillas Taco Sauce Steamed Seasoned Corn with Mayo Packet Chilled Mixed Fruit Seasonal Lunch Fruit Choice of Milk	<b>25</b> Teriyaki Chicken over WG Brown Rice WG Dinner Roll Broccoli Slaw Fresh Orange Seasonal Lunch Fruit Choice of Milk	<b>26</b> Homemade Beef and Bean Chili with Shredded Cheese WG Cheddar Goldfish Crackers WG Baked Cornbread Fresh Baby Carrots (1/2 cup) Fresh Local Apple Seasonal Lunch Fruit Choice of Milk	<b>27</b> WG Chicken Patty on WG Bun Mayo Packet Vegetarian Baked Beans Seasonal Lunch Fruit (1 cup) Choice of Milk	<b>28</b> WG Lasagna Rollups in Marinara Sauce WG Breadstick Fresh Broccoli Bites Seasonal Lunch Fruit (1 cup) Choice of Milk
<b>31</b> Chicken Breakfast Sausage and Egg Patty on WG Biscuit Grape Jelly Baby Carrots Fresh Apple Seasonal Lunch Fruit Choice of Milk	<b>MILK FOR SCHOOL:</b> SKIM WHITE LOW FAT WHITE SKIM CHOCOLATE  MENU SUBJECT TO CHANGE			

This institution is an equal opportunity provider.