



# OCTOBER 2023

## ST. THOMAS AQUINAS



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CATHOLIC SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p> <p><u>Hot Lunch Options</u>  <b>Hot #1</b> Fusilli with Meatballs  <b>Hot #2</b> Beef Quesadillas  <b>Sides Included</b> Corn &amp; Green Beans, Southwestern Slaw with Ranch, Baguette &amp; Apple Sauce</p> <p><u>Specialty Cold Options</u>  <b>Sandwich</b> Mediterranean Chicken Wrap  <b>Salad</b> Texas Hill Country Salad</p>	<p><b>3</b></p> <p><u>Hot Lunch Options</u>  <b>Hot #1</b> Taco Rice Bowl  <b>Hot #2</b> Chicken Scallopini  <b>Sides Included</b> Rice, Tossed Green Salad, Baguette &amp; Fresh Fruit</p> <p><u>Specialty Cold Options</u>  <b>Sandwich</b> Turkey &amp; Bacon Club  <b>Salad</b> Chicken Cobb Salad</p>	<p><b>4</b></p> <p><u>Hot Lunch Options</u>  <b>Hot #1</b> Fish Sticks  <b>Hot #2</b> Three-Cheese Pizza  <b>Sides Included</b> Carrots &amp; Celery Sticks with Ranch, Tossed Green Salad &amp; Apple Crisp</p> <p><u>Specialty Cold Options</u>  <b>Sandwich</b> Roasted Veggie Caesar Wrap  <b>Salad</b> Mandarin Salad</p>	<p><b>5</b></p> <p><u>Hot Lunch Options</u>  <b>Hot #1</b> Spaghetti with Meat Sauce  <b>Hot #2</b> Beef Hot Dogs  <b>Sides Included</b> Peas and Carrots, Tossed Salad w/ Italian Dressing, Baguette &amp; Nilla Wafers</p> <p><u>Specialty Cold Options</u>  <b>Sandwich</b> Curried Tuna Wrap  <b>Salad</b> Grilled Chicken Fajita Salad</p>	<p><b>6</b></p> <p><u>Hot Lunch Options</u>  <b>Hot #1</b> Chicken Volterra with Tossed Green Salad  <b>Hot #2</b> Beef Tacos  <b>Sides Included</b> Spanish Rice, Calabacita &amp; Graham Crackers</p> <p><u>Specialty Cold Options</u>  <b>Sandwich</b> Chicken Salad on Croissant  <b>Salad</b> Chicken Caesar Salad</p>
<p><b>9</b></p> <p><u>Hot Lunch Options</u>  <b>Hot #1</b> Shells and Cheese  <b>Hot #2</b> BBQ Chicken  <b>Sides Included</b> Broccoli Rice Casserole, Tossed Green Salad, Baguette &amp; Yogurt</p> <p><u>Specialty Cold Options</u>  <b>Sandwich</b> Italian Sandwich  <b>Salad</b> California Tossed Green Salad</p>	<p><b>10</b></p> <p><u>Hot Lunch Options</u>  <b>Hot #1</b> Beef Stroganoff Pasta  <b>Hot #2</b> Grilled Cheese &amp; Tomato Basil Soup  <b>Sides Included</b> Tossed Salad, Green Beans, Baguette &amp; Fresh Fruit</p> <p><u>Specialty Cold Options</u>  <b>Sandwich</b> BLT Wrap  <b>Salad</b> Cajun Salad with Grilled Chicken</p>	<p><b>11</b></p> <p><u>Hot Lunch Options</u>  <b>Hot #1</b> Pancakes, Roasted Potatoes &amp; Sausage  <b>Hot #2</b> Asian Mandarin Chicken  <b>Sides Included</b> Rice, Tossed Salad w/ Parmesan Ranch &amp; Apple Sauce</p> <p><u>Specialty Cold Options</u>  <b>Sandwich</b> Tuna on Croissant  <b>Salad</b> Tossed Southwestern Salad</p>	<p><b>12</b></p> <p><u>Hot Lunch Options</u>  <b>Hot #1</b> Green Chili Chicken Enchiladas  <b>Hot #2</b> Chicken Adobo  <b>Sides Included</b> Tossed Salad with Cilantro Dressing, Rice &amp; Pound Cake with Fresh Strawberries</p> <p><u>Specialty Cold Options</u>  <b>Sandwich</b> Turkey Taco Wrap  <b>Salad</b> Chicken Caesar Salad</p>	<p><b>13</b></p> <p><u>Hot Lunch Options</u>  <b>Hot #1</b> Sticky Thai Meatballs  <b>Hot #2</b> Gemelli Pasta with Bolognese Sauce  <b>Sides Included</b> Broccoli, Rice, Baguette &amp; Vanilla Ice Cream Cup</p> <p><u>Specialty Cold Options</u>  <b>Sandwich</b> Asian Chicken Salad Wrap  <b>Salad</b> Greek Salad</p>
<p><b>16</b></p> <p><u>Hot Lunch Options</u>  <b>Hot #1</b> Beef Hot Dogs  <b>Hot #2</b> Loaded Baked Potato  <b>Sides Included</b> Green Beans, Squash Casserole &amp; Nilla Wafers</p> <p><u>Specialty Cold Options</u>  <b>Sandwich</b> Mediterranean Chicken Wrap  <b>Salad</b> Texas Hill Country Salad</p>	<p><b>17</b></p> <p><u>Hot Lunch Options</u>  <b>Hot #1</b> Bowtie Basil Cream Pasta with Chicken  <b>Hot #2</b> Fish Sticks  <b>Sides Included</b> Corn, Tossed Salad, Baguette &amp; Fresh Fruit</p> <p><u>Specialty Cold Options</u>  <b>Sandwich</b> Turkey &amp; Bacon Club  <b>Salad</b> Chicken Cobb Salad</p>	<p><b>18</b></p> <p><u>Hot Lunch Options</u>  <b>Hot #1</b> Taco Rice Bowl  <b>Hot #2</b> Roasted Turkey with Gravy  <b>Sides Included</b> Mashed Potatoes, Carrots &amp; Celery Sticks with Ranch, Baguette &amp; Chocolate Cake</p> <p><u>Specialty Cold Options</u>  <b>Sandwich</b> Roasted Veggie Caesar Wrap  <b>Salad</b> Mandarin Salad</p>	<p><b>19</b></p> <p><u>Hot Lunch Options</u>  <b>Hot #1</b> Fusilli with Meatballs  <b>Hot #2</b> Corn Dogs  <b>Sides Included</b> Broccoli, Tossed Salad, Baguette &amp; Applesauce</p> <p><u>Specialty Cold Options</u>  <b>Sandwich</b> Curried Tuna Wrap  <b>Salad</b> Grilled Chicken Fajita Salad</p>	<p><b>20</b></p> <p><b>Teacher In-Service No School</b></p>
<p><b>23</b></p> <p><u>Hot Lunch Options</u>  <b>Hot #1</b> Beef Lasagna  <b>Hot #2</b> Chicken Provencal  <b>Sides Included</b> Ratatouille, Tossed Green Salad, Baguette &amp; Graham Crackers</p> <p><u>Specialty Cold Options</u>  <b>Sandwich</b> Italian Sandwich  <b>Salad</b> California Tossed Green Salad</p>	<p><b>24</b></p> <p><u>Hot Lunch Options</u>  <b>Hot #1</b> Shells and Cheese  <b>Hot #2</b> Meatloaf  <b>Sides Included</b> Cauliflower Gratin, Spinach Salad, Baguette &amp; Yogurt</p> <p><u>Specialty Cold Options</u>  <b>Sandwich</b> BLT Wrap  <b>Salad</b> Cajun Salad with Grilled Chicken</p>	<p><b>25</b></p> <p><u>Hot Lunch Options</u>  <b>Hot #1</b> Pancakes &amp; Sausage  <b>Hot #2</b> Lemon Rosemary Chicken  <b>Sides Included</b> Roasted Potatoes, Green Beans, Baguette &amp; Fresh Fruit</p> <p><u>Specialty Cold Options</u>  <b>Sandwich</b> Tuna on Croissant  <b>Salad</b> Tossed Southwestern Salad</p>	<p><b>26</b></p> <p><u>Hot Lunch Options</u>  <b>Hot #1</b> Chicken Parmesan with Spaghetti  <b>Hot #2</b> Broiled Hamburgers  <b>Sides Included</b> Tater Tots, Caesar Salad, Baguette &amp; Nilla Wafers</p> <p><u>Specialty Cold Options</u>  <b>Sandwich</b> Turkey Taco Wrap  <b>Salad</b> Chicken Caesar Salad</p>	<p><b>27</b></p> <p><b>No School Parent/Teacher Conferences</b></p>
<p><b>30</b></p> <p><u>Hot Lunch Options</u>  <b>Hot #1</b> Fusilli with Meatballs  <b>Hot #2</b> Beef Quesadillas  <b>Sides Included</b> Corn &amp; Green Beans, Southwestern Slaw with Ranch, Baguette &amp; Apple Sauce</p> <p><u>Specialty Cold Options</u>  <b>Sandwich</b> Mediterranean Chicken Wrap  <b>Salad</b> Texas Hill Country Salad</p>	<p><b>31</b></p> <p><u>Hot Lunch Options</u>  <b>Hot #1</b> Taco Rice Bowl  <b>Hot #2</b> Chicken Scallopini  <b>Sides Included</b> Rice, Tossed Green Salad, Baguette &amp; Fresh Fruit</p> <p><u>Specialty Cold Options</u>  <b>Sandwich</b> Turkey &amp; Bacon Club  <b>Salad</b> Chicken Cobb Salad</p>	<p><b>1</b></p>	<p><b>2</b></p>	<p><b>3</b></p>