

St. Mary Catholic Schools

Monday	Tuesday	Wednesday	Thursday	Friday
				Oct - 1 FISH STICKS YOGURT FRUIT PARFAIT CHEF SALAD CHEESY POTATOES STEAMED BROCCOLI ASSORTED FRUIT
Oct - 4 CHEESE BITES/ SAUCE TURKEY & CH SAND CRISPY CHICKEN SALAD YOGURT CUP BAKED BEANS VEGETABLE BAR ASSORTED FRUIT	Oct - 5 TERIYAKI CHICKEN W/ RICE TURKEY & CH SAND CRISPY CHICKEN SALAD FRIED RICE STIR FRY VEGETABLE VEGETABLE BAR ASSORTED FRUIT	Oct - 6 TACO STICK TURKEY & CH SAND CRISPY CHICKEN SALAD SPICED APPLES VEGETABLE BAR ASSORTED FRUIT	Oct - 7 CHICKEN RANCH WRAP TURKEY & CH SAND CRISPY CHICKEN SALAD CAULIFLOWER VEGETABLE BAR ASSORTED FRUIT	Oct - 8 HOT DOG/ BUN YOGURT FRUIT PARFAIT CRISPY CHICKEN SALAD TATER TOTS ROASTED VEGETABLES VEGETABLE BAR ASSORTED FRUIT
Oct - 11 MAC & CHEESE PBJ W/ CH STICK CHEF SALAD FLAVORED MUFFIN CALIFORNIA BLEND VEGETABLE BAR ASSORTED FRUIT	Oct - 12 HAMBURGER/ BUN PBJ W/ CH STICK CHEF SALAD SCOOBY SNACKS DICED CARROTS VEGETABLE BAR ASSORTED FRUIT	Oct - 13 CHEESE PIZZA PBJ W/ CH STICK CHEF SALAD GARLIC BREADSTICK GREEN BEANS VEGETABLE BAR ASSORTED FRUIT	Oct - 14 MINI CORNDOGS PBJ W/ CH STICK CHEF SALAD PEAS DINNER ROLL VEGETABLE BAR ASSORTED FRUIT	Oct - 15 FR TOAST STICKS/SYRUP YOGURT FRUIT PARFAIT CHEF SALAD SAUSAGE PATTY TATER TOTS VEGETABLE BAR ASSORTED FRUIT
Oct - 18 POPCORN CHICKEN HAM & CH SAND CRISPY CHICKEN SALAD BUTTERED PASTA CORN VEGETABLE BAR ASSORTED FRUIT	Oct - 19 NACHO GRANDE HAM & CH SAND CRISPY CHICKEN SALAD SPANISH RICE VEGETABLE BAR ASSORTED FRUIT	Oct - 20 HOT DOG/ BUN HAM & CH SAND CRISPY CHICKEN SALAD SUN CHIPS BAKED BEANS VEGETABLE BAR ASSORTED FRUIT	Oct - 21 GRILLED CHEESE HAM & CH SAND CRISPY CHICKEN SALAD TOMATO SOUP GOLDFISH CRACKERS VEGETABLE BAR ASSORTED FRUIT	Oct - 22 SPAGHETTI/ MEAT SAUCE YOGURT FRUIT PARFAIT CRISPY CHICKEN SALAD GARLIC BREAD PEAS & CARROTS VEGETABLE BAR ASSORTED FRUIT
Oct - 25 BBQ RIB PATTY/ BUN PBJ W/ CH STICK CHEF SALAD POTATO WEDGES WINTER BLEND VEGETABLE BAR ASSORTED FRUIT	Oct - 26 TURKEY & CHEESE WRAP PBJ W/ CH STICK CHEF SALAD GARLIC HUMMUS PITA CHIPS VEGETABLE BAR ASSORTED FRUIT	Oct - 27 CHICKEN TENDERS PBJ W/ CH STICK CHEF SALAD DINNER ROLL MASHED POTATOES CORN VEGETABLE BAR ASSORTED FRUIT	Oct - 28 SOFT PRETZEL/ CHEESE PBJ W/ CH STICK CHEF SALAD YOGURT CUP MIXED VEGETABLES VEGETABLE BAR ASSORTED FRUIT	Oct - 29 NO SCHOOL

BECAUSE OF PRODUCT AVAILABILTY MENUS ARE SUBJECT TO CHANGE

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

** - denotes combined nutrient totals with either missing or incomplete nutrient data.*

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.