

St. Mary Catholic Schools

OCTOBER

Monday	Tuesday	Wednesday	Thursday	Friday
				Oct - 1 FISH FILLET LASAGNA ROLLUP CHEF SALAD YOGURT FRUIT PARFAIT HUMMUS MEAL PK PBJ W/ CH STICK CALIFORNIA BLEND ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT
Oct - 4 SPICY CHICKEN PATTY/ BUN TERIYAKI CHICKEN W/ RICE GRILLED CHICKEN SALAD FRUIT BOWL TURKEY CLUB WRAP BAKED BEANS ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT	Oct - 5 PUB BURGER/BUN ORANGE CHICKEN W/RICE GRILLED CHICKEN SALAD FRUIT BOWL TURKEY CLUB WRAP CORN ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT	Oct - 6 DOMINOS PIZZA GRILLED CHICKEN SALAD FRUIT BOWL TURKEY CLUB WRAP SOUR CR & CHIVE FRIES ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT	Oct - 7 CHEESE BITES/ SAUCE TERIYAKI CHICKEN W/ RICE GRILLED CHICKEN SALAD FRUIT BOWL TURKEY CLUB WRAP GREEN BEANS ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT	Oct - 8 NACHO GRANDE ORANGE CHICKEN W/RICE GRILLED CHICKEN SALAD YOGURT FRUIT PARFAIT ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT
Oct - 11 CHICKEN PATTY/ BUN BONELESS WINGS CHEF SALAD FRUIT BOWL HAM & SWISS SUB PBJ W/ CH STICK ASSORTED SNACKS/BREAD CALIFORNIA BLEND VEGETABLE BAR ASSORTED FRUIT	Oct - 12 PUB BURGER/BUN BONELESS WINGS CHEF SALAD FRUIT BOWL HAM & SWISS SUB PBJ W/ CH STICK ASSORTED SNACKS/BREAD GREEN BEANS VEGETABLE BAR ASSORTED FRUIT	Oct - 13 DOMINOS PIZZA CHEF SALAD FRUIT BOWL HAM & SWISS SUB PBJ W/ CH STICK FRENCH FRIES ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT	Oct - 14 CHICKEN TENDERS BONELESS WINGS CHEF SALAD FRUIT BOWL HAM & SWISS SUB PBJ W/ CH STICK ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT	Oct - 15 BOSCO STICKS/ SAUCE BONELESS WINGS CHEF SALAD YOGURT FRUIT PARFAIT PBJ W/ CH STICK ASSORTED SNACKS/BREAD MIXED VEGETABLES VEGETABLE BAR ASSORTED FRUIT
Oct - 18 SPICY CHICKEN PATTY/ BUN SPAGHETTI/ MEATBALLS BUFFALO CHICKEN SALAD FRUIT BOWL CHICKEN RANCH WRAP PBJ W/ CH STICK ASSORTED SNACKS/BREAD CORN VEGETABLE BAR ASSORTED FRUIT	Oct - 19 PUB BURGER/BUN CHICKEN ALFREDO BUFFALO CHICKEN SALAD FRUIT BOWL CHICKEN RANCH WRAP PBJ W/ CH STICK ASSORTED SNACKS/BREAD BAKED BEANS VEGETABLE BAR ASSORTED FRUIT	Oct - 20 DOMINOS PIZZA BUFFALO CHICKEN SALAD FRUIT BOWL CHICKEN RANCH WRAP PBJ W/ CH STICK CURLY FRIES ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT	Oct - 21 SOFT PRETZEL/ CHEESE SPAGHETTI/ MEATBALLS BUFFALO CHICKEN SALAD FRUIT BOWL CHICKEN RANCH WRAP PBJ W/ CH STICK ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT	Oct - 22 GRILLED CHEESE CHICKEN ALFREDO BUFFALO CHICKEN SALAD YOGURT FRUIT PARFAIT PBJ W/ CH STICK TOMATO SOUP ASSORTED SNACKS/BREAD STEAMED BROCCOLI VEGETABLE BAR ASSORTED FRUIT

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.

St. Mary Catholic Schools

SMCS High School

OCTOBER

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 25 CHICKEN PATTY/ BUN ORANGE CHICKEN W/ RICE CHEF SALAD FRUIT BOWL TURKEY PESTO SUB PBJ W/ CH STICK ASSORTED SNACKS/BREAD WINTER BLEND VEGETABLE BAR ASSORTED FRUIT	Oct - 26 PUB BURGER/BUN GENERAL TSO'S CHICKEN CHEF SALAD FRUIT BOWL TURKEY PESTO SUB PBJ W/ CH STICK AUGRATIN POTATO ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT	Oct - 27 DOMINOS PIZZA CHEF SALAD FRUIT BOWL TURKEY PESTO SUB PBJ W/ CH STICK POTATO WEDGES ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT	Oct - 28 CHICKEN NUGGETS ORANGE CHICKEN W/RICE CHEF SALAD FRUIT BOWL TURKEY PESTO SUB PBJ W/ CH STICK ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT	Oct - 29 NO SCHOOL

BECAUSE OF PRODUCT AVAILABILTY MENUS ARE SUBJECT TO CHANGE

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