

St. Mary Catholic Schools

SMCS Middle School

OCTOBER

Monday	Tuesday	Wednesday	Thursday	Friday
				Oct - 1 FISH FILLET BREAKFAST BOWL CHEF SALAD YOGURT FRUIT PARFAIT HUMMUS MEAL PK ONION RINGS STEAMED BROCCOLI ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT
Oct - 4 CHEESE BITES/ SAUCE GENERAL TSO'S CHICKEN GRILLED CHICKEN SALAD FRUIT BOWL BAKED BEANS ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT	Oct - 5 CHICKEN RANCH WRAP ORANGE CHICKEN W/RICE GRILLED CHICKEN SALAD FRUIT BOWL ASSORTED SNACKS/BREAD GREEN BEANS VEGETABLE BAR ASSORTED FRUIT	Oct - 6 CHEESE QUESADILLA GENERAL TSO'S CHICKEN GRILLED CHICKEN SALAD FRUIT BOWL ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT	Oct - 7 DOMINOS PIZZA GRILLED CHICKEN SALAD FRUIT BOWL POTATO WEDGES VEGETABLE BAR ASSORTED FRUIT	Oct - 8 HOT DOG/ BUN ORANGE CHICKEN W/RICE GRILLED CHICKEN SALAD YOGURT FRUIT PARFAIT ASSORTED SNACKS/BREAD ROASTED VEGETABLES VEGETABLE BAR ASSORTED FRUIT
Oct - 11 MAC & CHEESE BONELESS WINGS CHEF SALAD FRUIT BOWL PBJ W/ CH STICK ASSORTED SNACKS/BREAD CALIFORNIA BLEND VEGETABLE BAR ASSORTED FRUIT	Oct - 12 PUB BURGER/BUN BONELESS WINGS CHEF SALAD FRUIT BOWL PBJ W/ CH STICK ASSORTED SNACKS/BREAD DICED CARROTS VEGETABLE BAR ASSORTED FRUIT	Oct - 13 BOSCO STICKS/ SAUCE BONELESS WINGS CHEF SALAD FRUIT BOWL PBJ W/ CH STICK ASSORTED SNACKS/BREAD GREEN BEANS VEGETABLE BAR ASSORTED FRUIT	Oct - 14 DOMINOS PIZZA CHEF SALAD FRUIT BOWL PBJ W/ CH STICK ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT	Oct - 15 FR TOAST STICKS/SYRUP SAUSAGE PATTY BONELESS WINGS CHEF SALAD YOGURT FRUIT PARFAIT PBJ W/ CH STICK POTATO BITES VEGETABLE BAR ASSORTED FRUIT
Oct - 18 CHICKEN PATTY/ BUN SPAGHETTI/ MEATBALLS BUFFALO CHICKEN SALAD FRUIT BOWL PBJ W/ CH STICK ASSORTED SNACKS/BREAD CORN VEGETABLE BAR ASSORTED FRUIT	Oct - 19 NACHO GRANDE CHICKEN ALFREDO BUFFALO CHICKEN SALAD FRUIT BOWL PBJ W/ CH STICK SPANISH RICE ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT	Oct - 20 HOT DOG/ BUN SPAGHETTI/ MEATBALLS BUFFALO CHICKEN SALAD FRUIT BOWL PBJ W/ CH STICK ASSORTED SNACKS/BREAD BAKED BEANS VEGETABLE BAR ASSORTED FRUIT	Oct - 21 DOMINOS PIZZA BUFFALO CHICKEN SALAD FRUIT BOWL 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 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.

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Oct - 25 FRENCH DIP ORANGE CHICKEN W/RICE CHEF SALAD FRUIT BOWL PBJ W/ CH STICK FRENCH FRIES ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT	Oct - 26 BBQ RIB PATTY TERIYAKI CHICKEN W/ RICE CHEF SALAD FRUIT BOWL PBJ W/ CH STICK CORN ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT	Oct - 27 CHICKEN TENDERS ORANGE CHICKEN W/ RICE CHEF SALAD FRUIT BOWL PBJ W/ CH STICK AUGRATIN POTATO ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT	Oct - 28 DOMINOS PIZZA CHEF SALAD FRUIT BOWL PBJ W/ CH STICK GREEN BEANS ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT	Oct - 29 NO SCHOOL
BECAUSE OF PRODUCT AVAILABILTY MENUS ARE SUBJECT TO CHANGE				

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