

## St. Thomas October 2017 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Bites Mashed Potatoes Corn Mixed Fruits	3 Beef Tacos Garden Salad Bean Salad Fresh Watermelon	4 BBQ Pulled Pork on a Wheat Bun Garden Salad Pineapple	5 Meatball Sub on a Whole Grain Sub Roll Broccoli Applesauce	6  <b>No School</b>
9  <b>No School</b>	10 Beef Nachos Refried Beans Garden Salad Orange Slices	11 Teriyaki Chicken with noodles Stir Fry Pears	12 Cheeseburger On a Whole Grain Roll With Lettuce and Tomatoes Curly Fries Peaches	13 Cheese or Pepperoni Breadsticks with marinara sauce Peas Applesauce
16 Pasta with Meatballs with a Whole Grain Roll Broccoli Applesauce	17 Chicken Tacos With Lettuce and Tomatoes Black Beans Peaches	18 Meatloaf Patty Whole Grain Roll Baked Beans Mandarin Oranges	19 Chicken Patty Burger On a whole grain roll Mixed Vegetables Pineapple	20 Cheese or Pepperoni Stuffed Crust Cheese Pizza Carrots Pears
23 Ham & Cheese Sub With Lettuce & Tomatoes Sweet Potato Fries Orange Slices	24 Beef Tacos Black Beans Garden Salad Pineapple	25 Chicken Caesar Salad WG Breadsticks Fresh Apples	26 Mozzarella Sticks with Marinara Dipping Sauce French Fries Mandarin Oranges	27 Cheese or Pepperoni Pizza Green Beans Applesauce
30 Meatball Sub on a WG Sub Roll Mixed Vegetables Pears	31 Beef Nachos Caesar Salad Watermelon			

**Second Choice of Sandwich:**

**Monday:** Ham & Cheese

**Tuesday:** Turkey & Cheese

WG = Whole Grain

**Wednesday:** Roast Beef & Cheese

**Thursday:** Tuna & Cheese

**Breakfast:**

Choice of Bagel with Cream Cheese, Pancakes & Sausage on a Stick, Breakfast Bun or French toast Sticks

Served with Fruit and Milk