

# OCTOBER | 2022

## Most Blessed Sacrament School Lunch



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>3</b> Turkey ham and Cheese Calzone Fruitable Baby Carrots &amp; Ranch Pear Milk</p>	<p><b>4</b> Buffalo Chicken Sandwich Wg Bun Steamed Carrots Celery Sticks Sidekick Milk</p>	<p><b>5</b> Hamburger &amp; Wg Bun Ketchup &amp; Mustard Cheesy Potatoes Pickle Spear Banana Milk</p>	<p><b>6</b> Polish (turkey) Sausage Cornbread String Cheese Baked Beans Applesauce Milk</p>	<p><b>7</b> Pizza Broccoli Grape Tomatoes FF Dressing Cup Apple Cookie Milk</p>
<p><b>10</b> Cheesy Pull apart Marinara Cup Steamed Peas Pears Milk</p>	<p><b>11</b> Chicken Sandwich on a bun Ketchup Hummus Cup Celery Sticks with Ranch Clementines Milk</p>	<p><b>12</b> PB &amp; J Uncrustable Seasoned Potato cubes Ketchup Cooked Carrots Banana Milk</p>	<p><b>13</b> WG Beef and Bean Burrito Steamed Corn Fruitable Apple Sauce Milk</p>	<p><b>14</b> Pizza Broccoli Grape Tomatoes FF Dressing Cup Apple Cookie Milk</p>
<p><b>17</b> Honey BBQ Beef Rib on a Bun Hummus Baby Carrots with Ranch Pears Milk</p>	<p><b>18</b> Cheese Omelet Seasoned Potato Cubes Fruitable Applesauce Milk</p>	<p><b>19</b> No School</p>	<p><b>20</b> No School</p>	<p><b>21</b> No School</p>
<p><b>24</b> Meatloaf Sandwich Wg Bun Fresh Broccoli with Ranch Goldfish Pears Milk</p>	<p><b>25</b> Turkey Ham and Cheese Croissant Mayo Hummus with Baby Carrots Sidekick Milk</p>	<p><b>26</b> Grilled Chicken on a bun BBQ Sauce Steamed Corn Fruitable Clementines Milk</p>	<p><b>27</b> Turkey sausage egg and Cheese Wrap String Cheese Mixed Vegetables Celery &amp; Ranch Banana Milk</p>	<p><b>28</b> Pizza Romaine Salad Grape Tomatoes FF Dressing Cup Apple Cookie Milk</p>
<p><b>31</b> Salisbury Steak WG Roll with Butter Steamed Peas Carrot Coins with Ranch Pears Milk</p>	<p><b>1</b></p>	<p><b>2</b></p>	<p><b>3</b></p>	<p><b>4</b></p>

### News

**\*\*Please note that items may be substituted due to availability\*\***

#### Meat/Alternate

**Grades K-5 - 1oz per day/ 8 oz. per week**

**Grades 6-8 - 1oz per day/ 9 oz. per week**

**Grades 9-12 - 2 oz. per day/ 10 oz. per week**

#### Grain/Bread

**Grades K-5 - 1oz per day/ 8 oz. per week**

**Grades 6-8 - 1oz per day/ 8 oz. per week**

**Grades 9-12 - 2oz per day/ 10 oz. per week**

#### Fruit

**Grade K-8 - ½ cup per day/ 2 ½ cups per week**

**Grades 9-12 - 1 cup per day/ 5 cups per week**

#### Vegetable

**Grades K-8 - ¾ cup per day/ 3 ¾ cups per week**

**Grades 9-12 - 1 cup per day/ 5 cups per week**

#### Milk

**1 cup 1% or Fat Free**