

OCTOBER 2026

Most Blessed Sacrament School Lunch

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Price per meal: \$3.90

1 Beef Taco
WG Doritos
Ranchero Beans
Cheese, Salsa, Sour Cream
Baby Carrots with Ranch
Applesauce
Milk

2 Pizza
Chopped Romaine
Grape Tomatoes
Apple
Cookie
Milk

5 Beef Taco Stick
Steamed Corn
Salsa Cup and Sour Cream
Pineapple cup
Milk

6 Cheeseburger
WG Bun
Baked Beans
Broccoli Florets with ranch
Trail mix
Milk

7 PB & J Uncrustable
Au gratin Potatoes
Celery Sticks with Ranch
Banana
Milk

8 Chicken Parmesan Sandwich
WG Bun & Marinara Cup
Green Beans
Baby Carrots with Ranch
Applesauce
Milk

9 Pizza
Chopped Romaine
Grape Tomatoes
Apple
Cookie
Milk

12
NO SCHOOL

13 Beef Walking Taco
WG Doritos
Steamed Corn
Salsa, Cheese, and Sour Cream
Juice Box
Milk

14 Italian Pull Apart
Marinara Cup
Broccoli Florets with Ranch
Banana
Milk

15 Hot Dog
Baked Beans
Baby Carrots with Ranch
applesauce
Milk

16 Pizza
Chopped Romaine
Grape Tomatoes
Apple
Cookie
Milk

19 PB & J Uncrustable
Cheesy Potatoes
Corn
Pineapple Cup
Milk

20 Sloppy Joe with bun
Baked Beans
Broccoli Florets with Ranch
Applesauce
Milk

21 Mac and Cheese Pizza
Fruitable
Celery Sticks with Ranch
Banana
Milk

22 Monkey Bread
Marinara Cup
Baby Carrots with Ranch
Apple Crunchable
Milk

23
NO SCHOOL

26 Meatball Sub
WG Bun
Marinara Cup
Green Beans
Pineapple Cup
Milk

27 Crisy Chicken Sandwich
WG Bun,
Steamed Carrots
Cauliflower florets with Ranch
Fruit cup
Milk

28 Pepperoni Calzone
Steamed Corn
Celery Sticks with Ranch
Banana
Milk

29 Beef Taco
WG Doritos
Ranchero Beans
Cheese, Salsa, Sour Cream
Baby Carrots with Ranch
Applesauce
Milk

30 Pizza
Chopped Romaine
Grape Tomatoes
Apple
Cookie
Milk

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

Grain/Bread

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

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

Fruit

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

Vegetable

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

Milk

1 cup 1% or Fat Free

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