

St. Charles Borromeo School

Lunch Menu October 2019



Harvest of the Month features a locally sourced vegetable in a made from scratch recipe!



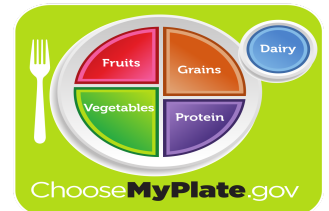
Nutrition Services is proud to offer Minnesota Thursday! Watch for the local menu the first Thursday of each month!



Meal Prices
Lunch \$ 3.25
Adult Lunch \$4.00
Milk \$.55



Salad bar, fresh fruit, and low fat milk available daily.
Soybutter & Grape Jelly Sandwiches available M-W-F



Get menus on your phone with the web menu app from the app store. Go to app store and type in "Web Menus" by School Nutrition and Fitness.



Monday	Tuesday	Wednesday	Thursday	Friday
<p>The menu is subject to change without notice. May contain allergens including but not limited to eggs, wheat, soy, dairy, & fish. Substitutes available with physician's statement.</p>	<p>1 Mandarin Orange Glazed Crispy Chicken Steamed Brown Rice Caprese Sliders (V) Salted Edamame Chilled Pear Slices</p>	<p>2 Roast Chicken with Gravy Whole Grain Dinner Roll Toasted Cheese Sandwich (V) Fluffy Whipped Potatoes Golden Corn Chilled Peaches</p>	<p>3 Mega Beef Meatball with Marinara Sauce Over Pasta Soybutter and Jelly Sandwich (V) Marble Jack Cheese Stick Roasted Rainbow Cauliflower Garlic Toast Jonny Pop on a Stick</p>	<p>4 WG Breaded Fish Patty Sub Roll Mini Cheese Ravioli with Marinara Sauce (V) Whole Grain Bread Stick Creamy Coleslaw Red Pepper Strips Frosty Pineapple Tidbits</p>
<p>7 Breaded Chicken Patty Whole Grain Bun Baked Whole Grain Ziti w/ Marinara Sauce (V) Steamed Carrot Coins Chilled Peaches</p>	<p>8 BBQ Beef Riblet Ranch Salad w/ Shredded Mozzarella Cheese (V) Hummus Whole Grain Tortilla Rounds Blueberries</p>	<p>9 Pepperoni Pizza Cheese Pizza (V) Romaine Salad Fruit Cocktail</p>	<p>10 Swedish Meatballs Over Egg Noodles Macaroni & Cheese (V) Mixed Vegetables Fresh Crisp Apple</p>	<p>11 Chicken Nuggets BBQ Sauce Potato Salad Cheese Calzone (V) Steamed Green Beans Chilled Applesauce</p>
<p>14 Smoked Turkey & Cheese Sandwich Wedge Cheese Lasagna Roll Up (V) Garlic Toast Mozzarella Cheese (V) Steamed Broccoli Chilled Pears</p>	<p>15 Beef or Bean (V) Nachos Beefy Nachos Whole Grain Tortilla Rounds Fresh Nacho Fixings Fiesta Back Bean Chilled Peaches</p>	<p>16</p> 	<p>17</p> 	<p>18</p>
<p>21 Breaded Chicken Tenders Toasted Cheese Sandwich (V) Sweet Potato Waffle Fries Whole Grain Biscuit Creamy Butter Mandarin Oranges</p>	<p>22 Italian Sausage Pizza Cheese Pizza (V) Garden Peas Cinnamon Applesauce</p>	<p>23 Smoked Turkey & Cheese on Sub Roll French Toast Sticks (V) Chicken Sausage Patty Hash Brown Patty Sweetened Strawberries</p>	<p>24 Meatballs & Marinara or Marinara & Mozzarella Cheese (V) Over Pasta Garlic Toast Balsamic Roasted Brussels Sprouts Fresh Banana</p>	<p>25 Mexican Beef Pizza Cheese Quesadilla Pizza (V) Mixed Vegetables Chilled Peaches</p>
<p>28 Chicken or Cheesy (V) Mashed Potato Bowl Breaded Chicken Tenders Mashed Potatoes Gravy Golden Corn Whole Grain Dinner Roll Frosty Pineapple Tidbits</p>	<p>29 Beef or Bean (V) Taco Whole Grain Tortilla Fiesta Back Bean w/ Fresh Fixings Sour Cream Salsa Blueberries Romaine Salad</p>	<p>30 All Beef Hot Dog on Hot Dog Bun Macaroni & Cheese (V) Baked Chips Vegetarian Baked Beans Chilled Fruit Cocktail</p>	<p>31 Smoked Turkey & Cheese on Sub Roll Cheesy French Bread (V) w/ Marinara Sauce Steamed Broccoli Chilled Peaches</p>	