

# St. Charles Borromeo School Lunch Menu



Minnesota Thursday is a local menu day bringing in fruits, vegetables, proteins, and grains as seasonally available from within 300 miles of Roseville



All meals available at no cost to all students for the 2021-22 school year.



Fresh veggies and fruits are available daily in addition to lunch menu choices. **Veggie Bar** may include romaine lettuce, red & green peppers, cucumbers, cauliflower, carrots and other vegetables as seasonally available. **Fruit offerings may include** bananas, oranges, apples and other fruit as seasonally available. Skim, 1% and skim chocolate are available with every lunch.







Special diet accommodations may be made available with a Special Diet Statement on file. Products have been made at the district's kitchens or locations where milk, eggs, soy, wheat, and other ingredients are used.



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

Due to supply chain and distribution issues impacting our district and the world, our menu is subject to change. Please keep this in mind when reviewing our printed and on-line menus.

## October 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Application for Educational Benefits:</b> <a href="https://frapp.isd623.org/">https://frapp.isd623.org/</a>  <b>EACH YEAR</b> a new application for Educational Benefits needs to be completed. These applications help to provide your school get crucial funding as well as discounted/no-cost options for other programs</p>				
		 <p><b>Vegetarian options available daily:</b>            Soybutter and Jelly Sandwich            Banana Suishi            Pasta Salad            Bagel Bistro Box</p>		
4	5	6	7	8
Stuffed Crust Cheese Pizza Fruit Suishi Roll-V Alt. Steamed Carrot Coins Fresh Crisp Apple	Hamburger topped with American Cheese Whole Grain Bun Fruit Suishi Roll-V Alt. Vegetarian Baked Beans Chilled Peaches	Cheese Lasagna Roll Up (V) Garlic Toast Fruit Suishi Roll-V Alt. Parmesan Roasted Broccoli Chilled Fruit Cocktail	 Mega Beef Meatball with Marinara Sauce Over Over Penne Pasta Garlic Breadstick Fruit Suishi Roll-V Alt. Rst Broccoli/Cauliflower and Parmesan Cheese Fresh Crisp Apple Vanilla Cup Cake Mixmi	Crispy Fish Sticks Macaroni & Cheese (V) Fruit Suishi Roll-V Alt. Garden Peas Orange Smiles Tarter Sauce
11	12	13	14	15
Cheese Bites (V) Marinara Sauce Soybutter Jelly Sandwich and Cheese Stick -V Alt Tossed Romaine Salad Fresh Pineapple Chunks	Beef Taco Whole Grain Tortilla Soybutter Jelly Sandwich and Cheese Stick -V Alt Fiesta Back Bean w/ Fresh Fixings Sweetened Strawberries	Breaded Chicken Drumstick Soybutter Jelly Sandwich and Cheese Stick -V Alt Southern Style Biscuit Mashed Potatoes Assorted Fresh Fruit Creamy Butter	Meatball Marinara Sub Sandwich Sub Roll Soybutter Jelly Sandwich and Cheese Stick -V Alt Garden Peas Apple Wedges	Chicken Dumplings Vegetable Fried Rice Soybutter Jelly Sandwich and Cheese Stick -V Alt Roasted Honey Sriracha Carrots Mandarin Oranges
18	19	20	21	22
Personal Pan Cheese Pizza Veggie Pasta Salad-V Alt Golden Corn Chilled Applesauce	General Tso Chicken Yakisoba Noodles Veggie Pasta Salad-V Alt Cucumber Thai Salad Chilled Peaches	French Toast Sticks (V) Chicken Sausage Patty Veggie Pasta Salad-V Alt Tater Tot Hashbrowns 100% Apple Juice	 <p><b>Fall Break</b></p>	
25	26	27	28	29
Plant Powered Nachos Whole Grain Tortilla Rounds Bagel Bistro Box -V Alt Salsa Dipping Cup w/ Fresh Fixings Chilled Pear Slices	Crispy Chicken Tenders Mini Maple Waffles Bagel Bistro Box -V Alt Steamed Broccoli Banana Maple Syrup	Mandarin Orange Glazed Crispy Chicken Steamed Brown Rice Soybutter Jelly Sandwich and Cheese Stick -V Alt Chilled Edamame and Corn Mandarin Oranges	 Turkey Sloppy Joe Whole Grain Bun Balsamic Roasted Brussels Sprouts Fresh Crisp Apple	Breaded Chicken Filet on a Bun Whole Grain Bun Bagel Bistro Box -V Alt Crispy Straight Cut Fry Assorted Fresh Fruit