

**Name : October 2022 St Charles Borromeo School PreK Lunch menu**  
**Age Group : Childcare (Ages 3-5)**      **Meal : Lunch**      **Meal Pattern : Preschool**

| Week IV  | Monday, October 3, 2022                                                 | Tuesday, October 4, 2022                                                      | Wednesday, October 5, 2022                      | Thursday, October 6, 2022                                                                               | Friday, October 7, 2022                              |
|----------|-------------------------------------------------------------------------|-------------------------------------------------------------------------------|-------------------------------------------------|---------------------------------------------------------------------------------------------------------|------------------------------------------------------|
|          | <b>Old Fashioned Sloppy Joe</b>                                         | <b>Breaded Chicken Patty Sandwich</b>                                         | <b>Italian Dunkers</b>                          | <b>Brunch Lunch</b>                                                                                     | <b>Fresh Baked Pizza</b>                             |
| Hot Meal | Whole Grain Bun<br>Steamed Mixed Veggies<br>Diced Chilled Pears<br>Milk | Bakery Bun & Ketchup<br>Steamed Green Beans<br>Sliced Chilled Peaches<br>Milk | Dippin' Sauce<br>Steamed Peas<br>Banana<br>Milk | Scrambled Eggs & Cheese<br>Corn Muffin & Tator Tots w Ketchup<br>Orange Wedges/Mandarin Oranges<br>Milk | Crisp Salad & Dressing<br>Fruited Applesauce<br>Milk |

| Week V   | Monday, October 10, 2022                                                     | Tuesday, October 11, 2022                                           | Wednesday, October 12, 2022               | Thursday, October 13, 2022                                                         | Friday, October 14, 2022                                        |
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|          | <b>Mozzarella Burger</b>                                                     | <b>Pomodoro Meatballs</b>                                           | <b>Creamy Mac &amp; Cheese</b>            | <b>Teriyaki Chicken</b>                                                            | <b>Cheese Quesadilla</b>                                        |
| Hot Meal | Fresh Bakery Bun & Ketchup<br>CKC Baked Beans<br>Diced Chilled Pears<br>Milk | WG Dinner Roll<br>Mashed Potatoes<br>Sliced Chilled Peaches<br>Milk | Fresh Greens & Dressing<br>Banana<br>Milk | Steamed Seasoned Rice<br>Steamed Cabbage<br>Orange Wedges/Mandarin Oranges<br>Milk | Fresh Broccoli & Dip<br>Fruited Applesauce/Apple Wedges<br>Milk |

| Week VI  | Monday, October 17, 2022                                               | Tuesday, October 18, 2022                            | Wednesday, October 19, 2022  | Thursday, October 20, 2022 | Friday, October 21, 2022 |
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|          | <b>Swedish Meatballs</b>                                               | <b>Cheesy Lasagna Roll</b>                           | <b>School not in Session</b> |                            |                          |
| Hot Meal | Soft Dinner Roll<br>Steamed Green Beans<br>Diced Chilled Pears<br>Milk | Steamed Sweet Peas<br>Sliced Chilled Peaches<br>Milk |                              |                            |                          |

| Week I   | Monday, October 24, 2022                                                                 | Tuesday, October 25, 2022                         | Wednesday, October 26, 2022                                                                                         | Thursday, October 27, 2022                                              | Friday, October 28, 2022                                                                  |
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|          | <b>Popcorn Chicken</b>                                                                   | <b>"New" Creamy Chicken Pasta</b>                 | <b>Taco Rice Bowl</b>                                                                                               | <b>Creamy Mac &amp; Cheese</b>                                          | <b>Sweet &amp; Sour Chicken</b>                                                           |
| Hot Meal | Ketchup<br>Whole Grain Dinner Roll<br>Fresh Broccoli & Dip<br>Diced Chilled Pears & Milk | Steamed Carrots<br>Sliced Chilled Peaches<br>Milk | Brown Rice topped w/Seasoned Beef<br>Served with Shred Chz, Cilantro & Crema<br>Steamed Green Peas<br>Banana & Milk | Mixed Dinner Salad w/Dressing<br>Orange Wedges/Mandarin Oranges<br>Milk | Steamed Seasoned Brown Rice<br>Steamed Cabbage<br>Fruited Applesauce/Apple Wedges<br>Milk |

| Week II                                                                                                               | Monday, October 31, 2022                       | Chef Spotlight - Nora Martinez (Food Service Manager, CKC)<br><b>An easy and tasty recipe for Thanksgiving, or even a barbeque night</b>                                                                                                                                                                                                                                                                                                            |  |  |  |
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|                                                                                                                       | <b>"New" BBQ Beef Sandwich</b>                 | "I love cooking for family and friends. Cooking this recipe together as a team with my children for Thanksgiving brings me memories of when I was younger and helped my mother to prepare this special dish. Now that I grew up, I enjoy cooking special meals that my mother used to prepare for our family. Loaded potatoes was a favorite dish on our plate for Thanksgiving and we enjoy every bite of it with special memories.<br><br>- Nora" |  |  |  |
| Hot Meal                                                                                                              | CKC Baked Beans<br>Diced Chilled Pears<br>Milk |                                                                                                                                                                                                                                                                                                                                                                                                                                                     |  |  |  |
| Chef Nora's recipe for 'Loaded Potatoes' is on Page 2<br>Wowbutter & Jelly Sandwich is offered as an option every day |                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                     |  |  |  |