

OCTOBER | 2019



St. Anthony's

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>30</p> <p>Corn Dogs 5 ea Mixed veggies ½ c Baked Beans ½ c Fruit ½ c</p>	<p>1</p> <p>Beef Nachos 1 ea Cheese/sour cream 1 oz Lettuce/tomato ¼ c Refried beans ½ c Fruit ½ c</p>	<p>2</p> <p>Chef Salad 1 c Fresh Veggie 1 c Fruitable 1 ea Ham/turkey 1 oz</p>	<p>3</p> <p>Ham&Cheese on pretzel 1 ea Fresh veggies ½ c Corn ½ c Fruit ½ c</p>	<p>4</p> <p>Mac n cheese 6 oz Salad 1 c Fruitable 1 ea Fruit ½ c</p>
<p>7</p> <p>Chicken Patty 1 ea Spinach salad ½ c Corn ½ c Fruit ½ c</p>	<p>8</p> <p>Spaghetti with meat sauce 4 oz Broccoli ½ c Garlic toast 1 ea Fruit ½ c</p>	<p>9</p> <p>Hot dog 1 ea Baked Beans ½ c Malibu blend ½ c Fruit ½ c</p>	<p>10</p> <p>Marco's Pizza 1 ea Carrots ¾ c Salad 1 c Fruit ½ c</p>	<p>11</p> <p>Cheese quesadilla 1 ea Black bean salsa ½ c Tortilla chips 1 ea Cauliflower ½ c Fruit ½ c</p>
<p>14</p> <p>Cheeseburger 1 ea Green beans ½ c Tater tots 6 ea Fruit ½ c</p>	<p>15</p> <p>Turkey sandwich 1 ea Chips ½ ea Baked beans ½ c Spinach salad 1 c Fruit ½ c</p>	<p>16</p> <p>Gen Tso 3 oz Rice ½ c Cauliflower ½ c Fruit ½ c</p>	<p>17</p> <p>Pulled Pork 1 ea Corn ½ c Fruitable 1 ea Fruit ½ c Cookie 1 ea</p>	<p>18</p> <p>Pizza 1 ea Salad ½ c Carrots ¾ c Fruit ½ c</p>
<p>21</p> <p>Chicken quesadilla 1 ea Red beans and rice ½ c Broccoli ½ c Fruit ½ c</p>	<p>22</p> <p>Pizza 1 ea Salad 1 c Carrots ½ c Fruit ½ c</p>	<p>23</p> <p>Taco 1 ea Refried beans ½ c Lettuce/tomato ½ c Fruit ½ c</p>	<p>24</p> <p>Salisbury Steak 1 ea Mashed potatoes ½ c Corn ½ c Fruit ½ c</p>	<p>25</p> <p>NO SCHOOL FALL BREAK</p>
<p>28</p> <p>Chicken Nachos 1 ea Black beans ½ c Lettuce/tomato ½ c Cheese/sour cream 1 oz Fruit ½ c</p>	<p>29</p> <p>Bruno's Pizza 1 ea Salad 1 c Carrots ¾ c Fruit ½ c</p>	<p>30</p> <p>Chicken Shapes 3 ea Mashed potatoes ½ c Peas ½ c Fruit ½ c</p>	<p>31</p> <p>Sloppy Joes 1 ea Green beans ½ c Corn ½ c Fruit ½ c</p>	<p>1</p>

News