


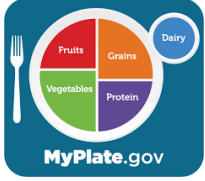



St. Thomas More

October Lunch Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2nd BBQ Beef Scalloped Potatoes Peas Fruit Cup Whole Grain Roll	3rd Turkey & Gravy Over Mashed Potatoes Green Beans Fruit Salad Whole Grain Roll	4th Chili Cheese Loaded WG Tortilla Nachos Tomato Salsa Fiesta Corn Fruit Cup	5th Hamburger Steak w/Gravy Ranch Potatoes Glazed Carrots Apple Slices Whole Grain Roll	6th Cheesy Ham & Macaroni Bake Broccoli Fruit Cocktail Whole Grain Roll	ST. THOMAS MORE  CATHOLIC SCHOOL
	9th NO SCHOOL	10th Grilled Chicken on a Whole Grain Bun w/Pickles Potato Salad Veggies & Dip Fruit Fluff	11th Pizza Crunchers Lettuce Salad w/Ranch Orange Wedges Zucchini	12th Beefy Totchos Corn & Black Bean Salsa Watermelon Whole Wheat Pumpkin Spice Muffin	13th Breaded Chicken Tenders Baked Beans Lettuce Salad w/Veggies & Ranch Apple Sauce	
Alternative Entree Choices: Peanut Butter & Jelly Sandwich w/a Cheese Stick OR Deli Meat Sub w/Cheese & Dressed Shredded Lettuce 	16th Beef Fried Rice w/Vegetables Broccoli Pork Egg Roll Pineapple Salad 23rd Chicken ala King Over a Biscuit Lettuce Salad w/Vegetables WG Blueberry Muffin 30th NO SCHOOL	17th WG Spaghetti w/ Meat Sauce Green Beans Fruit Cup Bread Stick 24th Italian Hoagie w/Dressed Lettuce Potato Wedges Fruit Cup Mixed Vegetables 31st NO SCHOOL	18th Chicken Bacon Ranch Flat Bread Oven Fried Potatoes Broccoli 25th Hamburger on a WG Bun French Fries Tomato & Pickle Fruit Cup	19th Club Sandwich Lettuce & Tomato Harvest Cheddar Chips Glazed Carrots Caribbean Fruit 26th NO SCHOOL	20th Cheesy Ham, Rice & Broccoli Casserole WG Pretzel Spinach Salad Emerald Pear 27th NO SCHOOL	1% White Milk Fat Free Chocolate or Strawberry milk offered at lunch meals Student Lunch \$2.85 Adult Lunch \$4.60 This institution is an equal opportunity provider

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