



# St. Michael Elementary School



Lunch \$2.50

Milk 35¢

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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October 2018

1 Calzone with marinara sauce Broccoli with ranch Romaine Blend Salad Peaches Assorted Low Fat Milk	2 Tacos/Nachos with beef or chicken Refried Beans Romaine Blend Salad Honey Dew Melon Assorted Low Fat Milk	3 Chicken Stir Fry Carrots Romaine Blend Salad Pears Assorted Low Fat Milk	4 Sloppy Joes Mixed Vegetables Romaine Blend Salad Watermelon Assorted Low Fat Milk	5 Chili Cheese Hotdog Fries Romaine Blend Salad Oranges Assorted Low Fat Milk
8 Cheeseburger on whole grain bun Green Beans Apples Assorted Low Fat Milk	9 Bosco Sticks with marinara sauce California Blend Veggies Romaine Blend Salad Strawberries Assorted Low Fat Milk	10 Mashed Potato Bowls Romaine Blend Salad Mixed Fruit Assorted Low Fat Milk 	11 Meatball Sub Peas Romaine Blend Salad Grapes Assorted Low Fat Milk	12 Chicken Strips Fresh Broccoli with ranch Romaine Blend Salad Pears Assorted Low Fat Milk
15 Cheese Quesadilla Black Beans Romaine Blend Salad Applesauce Assorted Low Fat Milk	16 Chicken Bacon Ranch flatbread sandwich Cherry Tomatoes Romaine Blend Salad Watermelon Assorted Low Fat Milk	17 Chili with crackers Cinnamon roll Celery Sticks Romaine Blend Salad Mandarin Oranges Assorted Low Fat Milk	18 No School  Professional Development Day for Staff 	19 No School  Professional Development Day for Staff
22 Chicken Tenders with assorted sauces Baby Carrots Romaine Blend Salad Blueberries Assorted Low Fat Milk	23 Spaghetti with meat sauce Garlic Bread Broccoli Romaine Blend Salad Peaches Assorted Low Fat Milk	24 Hamburger on WG Bun Pickle Spears Fries Romaine Blend Salad Strawberries Assorted Low Fat Milk	25 Tacos/Nachos with chicken or beef Black Bean Salsa Romaine Blend Salad Apples Assorted Low Fat Milk	26 Crazy Cheese Bread Fresh Cauliflower Romaine Blend Salad Pears Assorted Low Fat Milk
29 Chicken Quesadilla Sliced Cucumbers Romaine Blend Salad Pineapple Assorted Low Fat Milk	30 Bacon Cheeseburger Pickle Spears Baked Beans Romaine Blend Salad Watermelon Assorted Low Fat Milk	31 Halloween Chicken nuggets Crinkle Fries Romaine Blend Salad Apple Slices w/ caramel Assorted Low Fat Milk		

Menu is subject to change without notice.



USDA is an equal opportunity provider and employer.

