


ASSUMPTION SCHOOL

OCTOBER LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
3 Turkeyburger on Bun OR Chef Salad French Fries Broccoli Florets Apple Wedges Sliced Peaches	4 Soft Shell Taco OR Yogurt Lunch Seasoned Rice Pork and Beans Lettuce and Tomato Kiwi Applesauce	5 Spaghetti & Meatsauce OR Chef Salad Italian Bread Green Beans Baby Carrots Grapes Diced Pears	6 Tenderloin on Bun OR Yogurt Lunch Corn Sliced Tomatoes Orange Wedges Pineapple Tidbits Cherry Crisp	7 Mac and Cheese OR Chef Salad Lettuce Salad Banana half Mandarin Oranges	Yogurt Lunch includes yogurt, string cheese and Sun Chips. Chef Salad includes assorted greens, salad toppings, protein (meat, cheese, eggs), whole grain bread.
10 Chicken Nuggets OR Chef Salad Corn Bread Mashed Potatoes/Gravy Baby Carrots Kiwi Cinnamon Apples	11 Pancakes/Sausage/ Scrambled Eggs OR Yogurt Lunch Sliced Tomatoes Orange Juice Diced Pears	12 Hot Dog on Bun OR Chef Salad Baked Beans Lettuce Salad Orange Wedges Sliced Peaches	13 Scalloped Ham & Potatoes OR Yogurt Lunch Bread Stick Green Beans Cucumber Slices Grapes Applesauce	14 Chili OR Chef Salad Cinnamon Roll Broccoli Florets Apple Wedges Mandarin Oranges	FOOD FACTS Q: What was the first commercially available cold cereal? A: Shredded Wheat Q: What continent is the birthplace of the white potato? A: South America
17 Grilled Cheese & Tomato Soup OR Chef Salad Dinner roll Broccoli Florets Kiwi Applesauce	18 Popcorn Chicken Roll Up OR Yogurt Lunch Corn Cauliflowers Kiwi Mandarin Oranges	19 Lasagna OR Chef Salad Peas Lettuce salad Orange Wedges Cinnamon Apple Slices	20 Hamburger on Bun OR Yogurt Lunch Sweet Potato Chips Sliced Tomatoes Grapes Sliced Peaches	21 Max Sticks & Marinara Sauce OR Chef Salad Green Beans Lettuce Salad Apple Wedges Pineapple Tidbits	 <p>FOOD FACT</p> <p>Q: What is the giant panda's favorite food?</p> <p>A: Eucalyptus leaves.</p>
24 Deli Turkey Sandwiches OR Chef Salad Dinner roll Baby carrots Apple wedges Diced Pears	25 Fish Sandwich OR Yogurt Lunch French Fries Baby Carrots Grapes Tropical Fruit Mix Cherry Cake	26 Stuffed Baked Potato OR Chef Salad Dinner Roll Cold Peas Kiwi Applesauce	27 MaxCrust Pizza OR Yogurt Lunch Broccoli Lettuce Salad Orange Wedges Pineapple Tidbits	28 Goulash OR Chef Salad Lettuce and Tomato Banana Half Mandarin Oranges	FOOD FACT Q: What are the five most commonly eaten fruits in the US? A: Banana, apple, watermelon, orange, cantaloupe.
31 Spook Burgers OR Boo Salad Creepy Beans Ghostly Slices Monster fruit Pumpkin bars	Happy Halloween! Q: Where do pumpkins grow? A: On a pumpkin vine.	FOOD FACT Tootsie Rolls were the first wrapped penny candy in the US. Penny candy was first sold in 1901.	FOOD FACT Pumpkins are a kind of fruit.	FOOD FACT The five most popular flavors of ice cream in the US are vanilla, chocolate, butter pecan, strawberry and Neapolitan	Lunch includes milk (1% white, skim white, skim chocolate), condiments. Our breads provide whole grain goodness. Extra servings fruit and vegetable available to all students

Assumption School is an equal opportunity provider.