

Cardinal Pacelli

October

Hot Meal: \$3.25 (entrée, two sides); Extra Entrée, Side Items: \$1.00; Beverage: \$.75

USDA Daily Requirements K thru 8: protein 1.5 oz., fruits 4oz., vegetables 6oz., whole grains 1 serving

Monday	Tuesday	Wednesday	Thursday	Friday
2 <u>grilled cheese & bacon</u> Tomato soup choice of fruit	3 <u>egg & cheese breakfast burrito</u> hash brown potatoes Choice of fruit	4 <u>whole grain chicken bites</u> tater tots choice of fruit	5 <u>cheese coney-choice of chili and shredded cheese</u> choice of two sides	6 <u>slice of pizza or two cheesy bread sticks</u> carrots & ranch choice of fruit
9 <u>chicken patty & cheese sandwich</u> green beans choice of fruit	10 <u>turkey sausage links</u> WG French toast sticks choice of fruit	11 <u>hamburger/cheeseburger</u> Tater tots choice of fruit	12 <u>spaghetti & meatballs</u> choice of meatballs & sauce garlic bread choice of fruit	13 <u>slice of pizza or two cheesy bread sticks</u> carrots & ranch choice of fruit
16 <u>cheese quesadilla</u> side of salsa & sour cream. black beans choice of fruit	17 <u>whole grain waffles</u> sliced bacon hash brown choice of fruit	18 <u>whole grain chicken fingers</u> mashed potatoes choice of fruit	19 <u>turkey corndogs</u> tater tots choice of fruit	20 <u>slice of pizza or two cheesy bread sticks</u> carrots & ranch choice of fruit
23 <u>chicken nuggets</u> mac & cheese choice of fruit	24 <u>yogurt stick</u> WG pancakes choice of fruit	25 <u>Texas style chili with beans and cheese</u> corn bread muffins choice of fruit	26 <u>Swedish style meatballs & gravy</u> egg noodles green beans choice of fruit	27 <u>slice of pizza or two cheesy bread sticks</u> carrots & ranch choice of fruit
Everyday Entrees \$1.75				
cheese sandwich	turkey wrap	peanut butter & jelly sandwich	yogurt parfait	
chili	soup of the day	bagel with cream cheese	assorted whole grain cereal with milk	
Side Items \$1.00				
Sun Chips ©	pretzels	cheese popcorn	tortilla chips w/ tomato salsa	
side salad w/ dressing	banana	whole fresh fruit	applesauce	
pineapple cubes	Mandarin oranges	Gogurt Sticks ©		

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