



Saint Theodore Hot Lunch Menu

For October 2017

“The USDA is an equal opportunity provider and employer”

Menu Items May Change Depending On Availability



MON	TUES	WED	THURS	FRI
2 Turkey & cheese deli sandwich w/ lettuce, tomato, & cucumber slices/ Romaine lettuce salad w/LF ranch dressing/Chef's Choice of chips/Fruit Jell-O/Cookie	3 BBQ or plain pulled pork on WG bun/Rice pilaf/Baked beans/ Diced pears/Pudding	4 Homemade tomato soup w/ grilled cheese on WG bread/ Assorted fresh vegetables w/LF dip/Diced peaches	5 Swedish meatballs over whipped potatoes/Seasoned green beans/Applesauce/ Brownie	6 <i>NO SCHOOL</i> Parent/Teacher Conferences
9 Baked ham/Cheesy potatoes/Steamed broccoli/ Diced pineapple/Rice Krispie bar	10 PAKET Day Chef's choice of Sandwich, Chips, Fruit, and Vegetable	11 WG Chicken patty on WG bun/rice pilaf/Seasoned green beans/Mandarin oranges/Cookie	12 WG Spaghetti w/meat sauce/WG garlic bread stick/ Cooked baby carrots/Tropical fruit	13 Beef hotdog on WG bun/ Potatoes smiles/Calico beans Diced Pears/Monthly B-day Celebration Ice Cream treat for all
16 WG Pancakes w/warm syrup/Sausage patty/Green beans/Diced Peaches/Pudding	17 Sloppy Joe on WG bun/Tater tots/Baked Beans/Fruit Jell-O	18 Sweet & sour chicken over steamed rice/Romaine lettuce salad w/LF ranch dressing/Apple slices/Brownie	19 <i>NO SCHOOL</i> MEA	20 <i>NO SCHOOL</i> MEA
23 Soft shell Tacos w/all the fixings/Refried beans/Romaine lettuce salad w/LF ranch dressing/Flavored applesauce	24 Hamburger on WG bun/ Baked potato chips/Golden corn/Diced peaches/Cookie	25 Diced chicken & gravy over biscuits/Seasoned green beans/ Diced pears/Pudding	26 Creamy mac & cheese/ Popcorn chicken/Hunter style peas/Tropical fruit	27 French toast sticks w/ dipping syrup/Lil Smokie sausages/Cooked baby carrots/Fruit cocktail
30 BBQ pork riblet on WG bun/French fries/Green beans/ Pineapple chunks	31 Hamburger gravy over whipped potatoes/Cooked baby carrots/Applesauce/Halloween treat		WG = Whole Grain LF = Low Fat	Student Lunch = \$2.86 10 Day = \$28.60 20 Day = \$57.20 Adult Lunch = \$3.70