

# Xavier Catholic School

September-October 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11 Mozzarella Breadsticks & Dipping Sauce Tossed Green Salad Grape Tomatoes & Baby Carrots Pineapple &/or Grapes	12 Spaghetti & Meatsauce Lean Green Beans Romaine & Kale Salad Applesauce &/or Fruit Sidekick HM Breakaway Bread	13 Hamburger on Bun Baked Beans Fresh Baby Carrots Peach, Kiwi & Apple Mixup &/or Orange Craisins	14 Chicken Wrap Fresh Veggie Relishes Fresh Spinach Salad Peaches &/or Orange ☺ HM Chocolate Cupcake	15 Chicken Nuggets Mashed Potatoes & Gr. Whole Kernel Corn Fr. Apple Slices &/or Pears Homemade Dinner Roll
18 Salisbury Steak Mashed Potatoes & Gr. Fresh Baby Carrots Applesauce &/or Orange ☺ Homemade Dinner Roll	19 Chicken Tenders Red Beans & Brown Rice Tossed Green Salad Watermelon &/or Peaches Homemade Dinner Roll	20 Soft Taco Lettuce & Cheese Mix Roasted Corn Lime Rice Pears &/or Cantaloupe	21 Birthday Celebration! Cheeseburger Krinkle Potatoes Fresh Baby Carrots Apple Slices &/or Pineapple Rice Krispie Treat 	22 Homebaked Cheese Pizza Garden Peas Tossed Green Salad Red Grapes &/or Applesauce
25 No School TODAY!	26 Teriyaki Chicken Bites Brown Rice & Garden Peas Spinach Salad Red Grapes &/or Pineapple Homemade Cookie	27 BBQ Meatball Sub Baked Beans Hot Broccoli Florets Baby Carrots & Dip Strawberries &/or Banana	28 Breakfast for Lunch Sausage Bites 🐷 with Trix Yogurt Breakfast Potatoes Fresh Red Peppers Cantaloupe &/or Applesauce	29 Taco Crunch Lettuce & Cheese Mix Whole Kernel Corn Peaches &/or Apple Slices Homemade Cinn. Roll
October 2 Chicken Drumsticks Savory Baked Potato Fresh Baby Carrots Watermelon &/or Peaches Homemade Dinner Roll	3 HM Chili Krinkle Potatoes Green Beans & Celery with Dip Red Grapes &/or Pears Cornbread Muffin	4 Homemade Lasagna Roasted Zucchini Romaine & Kale Salad Cantaloupe &/or Pineapple HM Breakaway Bread	5 Beef Enchilada Refried Beans Sweet Potato Wedges Orange Craisins &/or Apple Slices Cinnamon Bun	6 Homebaked Cheese Pizza Hot Broccoli Florets Fresh Spinach Salad Peaches &/or Orange ☺

## Grades 6-8 DAILY Alternatives: Chicken Nuggets & Chef's Salad

Good things to know about our menus--

-All grains are whole grain rich

-Milk choices include white 1% & nonfat, chocolate & strawberry nonfat

-Fruit and vegetable amounts are not limited but must be eaten during mealtime. *Please eat foods you take.*

Items with a " contain pork. The menu is subject to change without notice. Milk is served with each meal.

This institution is an equal opportunity provider.

