

St. Teresa Lunch (Main Entree), October - 2024

	1 Tuesday	2 Wednesday	3 Thursday	4 Friday
	ENTREE Chicken Nuggets VEGETABLE Steamed Corn Waffle Fries FRUIT Assorted Fresh Fruit CONDIMENTS Ketchup Mustard Packet Sweet and Sour Sauce Packet MILK 1% Lowfat Milk Chocolate Fat Free Milk Fat Free Milk	ENTREE Enchilada Empanada VEGETABLE Fiesta Black Beans FRUIT Assorted Fresh Fruit MILK 1% Lowfat Milk Chocolate Fat Free Milk Fat Free Milk	ENTREE Ham, Egg & Cheese English Muffin VEGETABLE Cucumber Coins Hash Brown Patty FRUIT Assorted Fresh Fruit CONDIMENTS Ranch Dip MILK 1% Lowfat Milk Chocolate Fat Free Milk Fat Free Milk	ENTREE Sal's Cheese Pizza VEGETABLE Carrot Sticks FRUIT Assorted Fresh Fruit CONDIMENTS Ranch Dip MILK 1% Lowfat Milk Chocolate Fat Free Milk Fat Free Milk
7 Monday	8 Tuesday	9 Wednesday	10 Thursday	11 Friday
ENTREE Mozzarella Sticks (PK-5) VEGETABLE Green Beans FRUIT Assorted Fresh Fruit CONDIMENTS Marinara Dip MILK 1% Lowfat Milk Chocolate Fat Free Milk Fat Free Milk	ENTREE Crispy Chicken Sandwich VEGETABLE Emoji Fries FRUIT Assorted Fresh Fruit CONDIMENTS Ketchup Mayonnaise Packet MILK 1% Lowfat Milk Chocolate Fat Free Milk Fat Free Milk	ENTREE Ham and Cheese Croissant VEGETABLE Steamed Broccoli FRUIT Assorted Fresh Fruit CONDIMENTS Mayonnaise Packet Mustard Packet MILK 1% Lowfat Milk Chocolate Fat Free Milk Fat Free Milk	ENTREE Chicken and Waffles VEGETABLE Honey Glazed Carrots FRUIT Assorted Fresh Fruit MILK 1% Lowfat Milk Chocolate Fat Free Milk Fat Free Milk	ENTREE Taco Stick VEGETABLE Refried Beans Salsa FRUIT Assorted Fresh Fruit SIDE ITEM Sour Cream MILK 1% Lowfat Milk Chocolate Fat Free Milk Fat Free Milk
14 Monday	15 Tuesday	16 Wednesday	17 Thursday	18 Friday
ENTREE Cheeseburger VEGETABLE Celery Sticks FRUIT Assorted Fresh Fruit CONDIMENTS Ketchup Mayonnaise Packet Mustard Packet MILK 1% Lowfat Milk Chocolate Fat Free Milk Fat Free Milk	ENTREE Chicken Tenders VEGETABLE Steamed Corn FRUIT Assorted Fresh Fruit CONDIMENTS BBQ Sauce Cup MILK 1% Lowfat Milk Chocolate Fat Free Milk Fat Free Milk	ENTREE Grilled Cheese VEGETABLE Carrot Sticks Tomato Soup, Campbell's Low Sodium FRUIT Assorted Fresh Fruit MILK 1% Lowfat Milk Chocolate Fat Free Milk Fat Free Milk	ENTREE Cheese Ravioli GRAIN Garlic Knot VEGETABLE Side Salad FRUIT Assorted Fresh Fruit CONDIMENTS Italian Packet MILK 1% Lowfat Milk Chocolate Fat Free Milk Fat Free Milk	ENTREE Sal's Pepperoni Pizza VEGETABLE Chickpea Salad FRUIT Assorted Fresh Fruit MILK 1% Lowfat Milk Chocolate Fat Free Milk Fat Free Milk
21 Monday	22 Tuesday	23 Wednesday	24 Thursday	25 Friday

<p>ENTREE Breaded Chicken Drumstick Chicken Nuggets (Pre-K)</p> <p>GRAIN Dinner Roll</p> <p>VEGETABLE Mashed Potatoes</p> <p>FRUIT Assorted Fresh Fruit</p> <p>MILK 1% Lowfat Milk Chocolate Fat Free Milk Fat Free Milk</p>	<p>ENTREE Beef Hot Dog Grilled Cheese</p> <p>VEGETABLE Carrot Sticks Vegetarian Baked Beans</p> <p>FRUIT Assorted Fresh Fruit</p> <p>MILK 1% Lowfat Milk Chocolate Fat Free Milk Fat Free Milk</p>	<p>ENTREE Max Stix</p> <p>VEGETABLE Celery Sticks</p> <p>FRUIT Assorted Fresh Fruit</p> <p>CONDIMENTS Marinara Dip Ranch Dip</p> <p>MILK 1% Lowfat Milk Chocolate Fat Free Milk Fat Free Milk</p>	<p>ENTREE BBQ Chicken Breast</p> <p>GRAIN Garlic Breadstick</p> <p>VEGETABLE Steamed Broccoli</p> <p>FRUIT Assorted Fresh Fruit</p> <p>MILK 1% Lowfat Milk Chocolate Fat Free Milk Fat Free Milk</p>	<p>ENTREE Turkey Meatball Sub</p> <p>VEGETABLE Waffle Fries</p> <p>FRUIT Assorted Fresh Fruit</p> <p>CONDIMENTS Ketchup</p> <p>MILK 1% Lowfat Milk Chocolate Fat Free Milk Fat Free Milk</p>
<p>28 Monday</p>	<p>29 Tuesday</p>	<p>30 Wednesday</p>	<p>31 Thursday</p>	
<p>ENTREE Toasted Ravioli</p> <p>VEGETABLE Side Salad</p> <p>FRUIT Assorted Fresh Fruit</p> <p>MILK 1% Lowfat Milk Chocolate Fat Free Milk Fat Free Milk</p>	<p>ENTREE Chicken Nuggets</p> <p>VEGETABLE Steamed Corn Waffle Fries</p> <p>FRUIT Assorted Fresh Fruit</p> <p>CONDIMENTS Ketchup Mustard Packet Sweet and Sour Sauce Packet</p> <p>MILK 1% Lowfat Milk Chocolate Fat Free Milk Fat Free Milk</p>	<p>ENTREE Enchilada Empanada</p> <p>VEGETABLE Fiesta Black Beans</p> <p>FRUIT Assorted Fresh Fruit</p> <p>MILK 1% Lowfat Milk Chocolate Fat Free Milk Fat Free Milk</p>	<p>ENTREE Ham, Egg & Cheese English Muffin</p> <p>VEGETABLE Cucumber Coins Hash Brown Patty</p> <p>FRUIT Assorted Fresh Fruit</p> <p>CONDIMENTS Ranch Dip</p> <p>MILK 1% Lowfat Milk Chocolate Fat Free Milk Fat Free Milk</p>	

This institution is an equal opportunity provider.