St. Teresa Lunch (Pre-K), October - 2024

	Tuesday ENTREE Chicken Nuggets VEGETABLE Steamed Corn Waffle Fries FRUIT Assorted Fresh Fruit	ENTREE Enchilada Empanada VEGETABLE Fiesta Black Beans FRUIT	Thursday ENTREE Ham, Egg & Cheese English Muffin VEGETABLE Cucumber Coins	Friday ENTREE Sal's Cheese Pizza VEGETABLE Carrot Sticks
	Chicken Nuggets VEGETABLE Steamed Corn Waffle Fries FRUIT	Enchilada Empanada VEGETABLE Fiesta Black Beans	Ham, Egg & Cheese English Muffin VEGETABLE Cucumber Coins	Sal's Cheese Pizza VEGETABLE
	VEGETABLE Steamed Corn Waffle Fries FRUIT	VEGETABLE Fiesta Black Beans	VEGETABLE Cucumber Coins	VEGETABLE
	Steamed Corn Waffle Fries FRUIT	Fiesta Black Beans	Cucumber Coins	
	Waffle Fries FRUIT			Commot Sticks
]	FRUIT	FRUIT		Carrot Sticks
			Hash Brown Patty	FRUIT
(Assorted Fresh Fruit	Assorted Fresh Fruit	FRUIT	Assorted Fresh Fruit
1	A 10001100 I TOSH I TUIT	MILK	Assorted Fresh Fruit	CONDIMENTS
	CONDIMENTS	1% Lowfat Milk	CONDIMENTS	Ranch Dip
l i	Ketchup	Chocolate Fat Free Milk	Ranch Dip	MILK
	Mustard Packet Sweet and Sour Sauce Packet	Fat Free Milk	MILK	1% Lowfat Milk
			1% Lowfat Milk	Chocolate Fat Free Milk
	MILK 1% Lowfat Milk		Chocolate Fat Free Milk Fat Free Milk	Fat Free Milk
	Chocolate Fat Free Milk		rat Free Milk	
	Fat Free Milk			
7	8	9	10	11
Monday	Tuesday	Wednesday	Thursday	Friday
ENTREE	ENTREE	ENTREE	ENTREE	ENTREE
Mozzarella Sticks (PK-5)	Crispy Chicken Sandwich	Ham and Cheese Croissant	American Chop Suey	Beef Taco
VEGETABLE	VEGETABLE	VEGETABLE	GRAIN	VEGETABLE
Green Beans	Emoji Fries	Steamed Broccoli	Dinner Roll	Refried Beans
FRUIT	FRUIT	FRUIT	VEGETABLE	Salsa
Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Honey Glazed Carrots	FRUIT
CONDIMENTS	CONDIMENTS	CONDIMENTS	FRUIT	Assorted Fresh Fruit
^	Ketchup	Mayonnaise Packet	Assorted Fresh Fruit	SIDE ITEM
MILK 1	Mayonnaise Packet	Mustard Packet	MILK	Sour Cream
	MILK	MILK	1% Lowfat Milk	MILK
	1% Lowfat Milk	1% Lowfat Milk	Chocolate Fat Free Milk	1% Lowfat Milk
	Chocolate Fat Free Milk Fat Free Milk	Chocolate Fat Free Milk Fat Free Milk	Fat Free Milk	Chocolate Fat Free Milk Fat Free Milk
14	15	16	17	18
	Tuesday	Wednesday	Thursday	Friday
	ENTREE	ENTREE	ENTREE	ENTREE
	Chicken Mashed Potato Bowl	Grilled Cheese	Cheese Ravioli	Sal's Pepperoni Pizza
	VEGETABLE	VEGETABLE	GRAIN	VEGETABLE
	Steamed Corn	Carrot Sticks Tomato Soup, Campbell's Low Sodium	Garlic Knot	Chickpea Salad
	FRUIT		VEGETABLE	FRUIT
	Assorted Fresh Fruit	FRUIT Assorted Fresh Fruit	Side Salad	Assorted Fresh Fruit
	MILK		FRUIT	MILK
r	1% Lowfat Milk Chocolate Fat Free Milk	MILK 1% Lowfat Milk	Assorted Fresh Fruit	1% Lowfat Milk Chocolate Fat Free Milk
· 1	Fat Free Milk	Chocolate Fat Free Milk	CONDIMENTS	Fat Free Milk
		Fat Free Milk	Italian Packet	
MILK			MILK	
MILK 1% Lowfat Milk		i e		
			1% Lowfat Milk Chocolate Fat Free Milk	
1% Lowfat Milk			1% Lowfat Milk Chocolate Fat Free Milk Fat Free Milk	
1% Lowfat Milk Chocolate Fat Free Milk Fat Free Milk	22	23	Chocolate Fat Free Milk	25

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ENTREE Chicken Nuggets (Pre-K)	ENTREE Grilled Cheese	ENTREE Max Stix	ENTREE Creamy Chicken Alfredo	ENTREE Turkey Meatball Sub
GRAIN Dinner Roll VEGETABLE Mashed Potatoes FRUIT Assorted Fresh Fruit MILK 1% Lowfat Milk Chocolate Fat Free Milk Fat Free Milk	VEGETABLE Carrot Sticks Vegetarian Baked Beans FRUIT Assorted Fresh Fruit MILK 1% Lowfat Milk Chocolate Fat Free Milk Fat Free Milk	VEGETABLE Celery Sticks FRUIT Assorted Fresh Fruit CONDIMENTS Marinara Dip Ranch Dip MILK 1% Lowfat Milk Chocolate Fat Free Milk Fat Free Milk	GRAIN Garlic Breadstick VEGETABLE Steamed Broccoli FRUIT Assorted Fresh Fruit MILK 1% Lowfat Milk Chocolate Fat Free Milk Fat Free Milk	VEGETABLE Waffle Fries FRUIT Assorted Fresh Fruit CONDIMENTS Ketchup MILK 1% Lowfat Milk Chocolate Fat Free Milk Fat Free Milk
28 Monday	29 Tuesday	30 Wednesday	31 Thursday	
ENTREE Toasted Ravioli VEGETABLE Side Salad FRUIT Assorted Fresh Fruit MILK 1% Lowfat Milk Chocolate Fat Free Milk Fat Free Milk	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	

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