














# ST JOSEPH SCHOOL MENU

OCTOBER 2009

Monday	Tuesday	Wednesday	Thursday	Friday
 <b>INDICATES BALANCED CHOICE MEALS</b>			1. <b>chicken nuggets green beans</b>	2.  <b>Pepperoni &amp; Plain Pizza Carrots</b>
<b>Weekly Alternates:</b>	Turkey Sandwich (2) Peanut Butter & Jelly Fun Lunch (Saltines, Peanut Butter, Jelly, Fruit Punch) (3) Triple peanut butter & jelly or peanut butter marshmallow sandwich (4)			
5  <b>BACON CHEESEBURGERS CHIPS &amp; PICKLE</b>	6  <b>BAKED BREADED FISH AND CHIPS COLE SLAW</b>	7  <b>Nachos with beef Cheese, lettuce Tomato, and salsa</b>	8 <b>MEATBALL SUBS BAKED POTATO WEDGES</b>	9  <b>Pepperoni &amp; Plain Pizza GREEN PEAS</b>
<b>Weekly Alternates:</b>	HAM & Cheese sandwich (2) Breadbeak™ fun lunch (Mini bagel with hard boiled egg & orange juice) (3) Triple peanut butter & jelly OR peanut butter marshmallow sandwich (4)			
12 <b>NO SCHOOL</b>	13 <b>NO SCHOOL</b>	14 <b>BEEF RAVIOLI WHEAT ROLL GREEN BEANS</b>	15 <b>CHICKEN PATTY ON A ROLL “GIVEAWAY DAY” “COOKIE DAY” EARLY RELEASE</b>	16  <b>Pepperoni &amp; Plain Pizza CARROTS</b>
<b>Weekly Alternates:</b>	Tuna salad sandwich (2) Vegetarius™ fun lunch (Tortilla shells with shredded cheese & salsa) (3) Triple peanut butter & jelly OR peanut butter marshmallow sandwich (4)			
19 <b>HOT DOGS BAKED BEANS CARROTS</b>	20  <b>SLOPPY JOES ON A ROLL CORN</b>	21  <b>POPCORN CHICKEN GREEN BEANS</b>	22  <b>BEEF TACOS W/ALL THE TOPPPINGS</b>	23  <b>Pepperoni &amp; Plain Pizza GREEN PEAS</b>
<b>Weekly Alternates:</b>	Italian sub (2) Pete's™ fun lunch (Mini bagels with shredded cheese & tomato sauce) (3) Triple peanut butter & jelly OR peanut butter marshmallow sandwich (4)			
26 <b>BBQ BEEF ON A ROLL CARROTS</b>	27 <b>TURKEY BACON CLUB SANDWICH W/CHIPS AND PICKLE</b>	28  <b>FRENCH TOAST STICKS SAUSAGE, TATER TOTS, MAPLE SYRUP</b>	29 <b>GRILLED HAM AND CHEESE MINISTRONE SOUP</b>	30  <b>Pepperoni &amp; Plain Pizza CORN</b>
<b>Weekly Alternates:</b>	Turkey Sandwich (2) Peanut Butter & Jelly Fun Lunch (Saltines, Peanut Butter, Jelly, Orange juice) (3) Triple peanut butter & jelly OR peanut butter marshmallow sandwich (4)			

**All meals are served with a choice of milk (low fat or low fat flavored) and fruit (fresh or canned.)**

*Extra servings of vegetables (excluding potatoes and potato products) and fruits are encouraged. Veggie sticks and/or tossed salad available daily*

**Student Lunch price: \$2.00 & \$2.25 Reduced meal price: \$0.40 Milk price: \$0.50 Adult meal price \$3.50**

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