

St. Vincent de Paul Parish School Cafeteria Menu for October 2020

Monday, September 28	Tuesday, September 29	Wednesday, September 30	Thursday, October 1	Friday, October 2
Chicken Tenders Baked French Fries Fresh Vegetables Fresh fruit Milk or Bottled Water	Chef's Salad Lettuce, tomato, cucumber, carrots, cheese, ham and croutons side of Italian Dressing Fresh Fruit Milk or Bottled Water	Meatball Sandwich (meatballs, sauce and mozzarella on an Italian Roll) Green Beans Fresh Fruit Milk or Bottled Water	Chicken Popper Bowl (chicken over mashed potatoes with gravy, corn and cheese) Fresh Fruit Milk or Bottled Water	PIZZA DAY! Mini Calzones Fresh Fruit Fresh Vegetables Milk or Bottled Water
Monday, October 5	Tuesday, October 6	Wednesday, October 7	Thursday, October 8	Friday, October 9
Hot Dog Waffle Fries Fresh Fruit Fresh Vegetable Milk or Bottled Water	Chicken Quesadilla Cheese, Corn, Lettuce and Salsa Fresh Fruit Milk or Bottled Water	Orange Chicken White Rice Roasted Broccoli Fresh Fruit Milk or Bottled Water	Pancakes Breakfast Sausage and Scrambled Eggs Fresh Fruit Milk or Bottled Water	No School
Monday, October 12	Tuesday, October 13	Wednesday, October 14	Thursday, October 15	Friday, October 16
Chicken Sandwich with Lettuce French Fries Fresh Fruit and Vegetables Milk or Bottled Water	Macaroni and Cheese Green Beans Fresh Fruit Milk or Bottled Water	Baked Rotini in Tomato Sauce Home-made Meatballs Salad with Italian Dressing Fresh Fruit Milk or Bottled Water	Grilled Ham and Cheese Sandwich Potato Chips Fresh Fruit Fresh Vegetable Milk or Bottled Water	PIZZA DAY! Cheese Pizza Fresh Vegetables and Fruit Milk or Bottled Water
Monday, October 19	Tuesday, October 20	Wednesday, October 21	Thursday, October 22	Friday, October 23
Cheeseburger French Fries Fresh Fruit Fresh Vegetables Milk or Bottled Water	Chicken Popper Bowl (chicken over mashed potatoes with gravy, corn and cheese) Fresh Fruit Milk or Bottled Water	Macaroni and Cheese Green Beans Fresh Fruit Milk or Bottled Water	"Walking Tacos" Tortilla chips, Taco seasoned Beef, Cheese and Lettuce Side of Tomato Salsa Corn Fresh Fruit Milk or Bottled Water	PIZZA DAY! Pepperoni Pizza Fresh Fruit Fresh Vegetables Milk or Bottled Water
Monday, October 26	Tuesday, October 27	Wednesday, October 28	Thursday, October 29	Friday, October 30
No School	Hot Dog Potato Wedges Fresh Fruit Fresh Vegetables Milk or Bottled Water	Pancakes Breakfast Sausage and Scrambled Eggs Fresh Fruit Milk or Bottled Water	Orange Chicken White Rice Roasted Broccoli Fresh Fruit Milk or Bottled Water	PIZZA DAY! Cheese Pizza Fresh Vegetables and Fruit Milk or Bottled Water

Each lunch will provide at least one serving of vegetables and one serving of fruit. Due to varying availability of produce, the menu for each day may not specify a particular fruit or vegetable for the day. This will change as availability increases with our vendors

Skim white or 1% Chocolate Milk or a small bottle of water is served with every hot lunch tray. Please indicate your student's preference when ordering lunch.

For students who pack their lunch:
Skim white or chocolate milk or bottled water is available for purchase at \$.60 a day. Please order this on the first day of the school week.