

# OCTOBER | 2021



## St. Rita Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

27					
4	<p>Popcorn Chicken Lasagna Roll-up WG Roll Fries Broccoli Pears Fresh Fruit Milk</p>	<p>5</p> <p>Arroz Con Pollo Cheeseburger Black Beans Corn Peaches Fresh Fruit Milk</p>	<p>6</p> <p>Salisbury Steak Baked Chicken WG Roll Mashed Potatoes Peas Mixed Fruit Fresh Fruit Milk</p>	<p>7</p> <p>French Toast Sticks Egg Patty Sausage Patty Hash Browns Carrots Applesauce Orange Juice Milk</p>	<p>8</p> <p>Pepperoni Pizza Fish Sticks w/Roll Cherry Tomatoes Baby Carrots Pineapple Fresh Fruit Milk</p>
11	<p>Chicken Nuggets w/Roll Meatball Sub French Fries Green Beans Peaches Fresh Fruit Milk</p>	<p>12</p> <p>Beef Taco Chicken Fajita Mexican Rice Refried Beans Corn Mixed Fruit Fresh Fruit Milk</p>	<p>13</p> <p>Hamburger Hot Dog Tater Tots Peas Pears Fresh Fruit Milk</p>	<p>14</p> <p>Pizza Pulled Pork Sandwich Baby Carrots w/dip Salad w/ranch Side Kick Fresh Fruit Cookie Milk</p>	<p>15</p> <p>Fall Break No School</p>
18	<p>Fall Break No School</p>	<p>19</p> <p>Burrito w/Salsa Sloppy Joe Fries Baked Beans Peaches Fresh Fruit Milk</p>	<p>20</p> <p>Spaghetti w/Meat Sauce Chicken Tenders Cheesy Garlic Biscuit Broccoli Corn Applesauce Fresh Fruit Milk</p>	<p>21</p> <p>Sausage Egg Pancakes Hashbrown Carrots Orange Juice Fresh Fruit Milk</p>	<p>22</p> <p>Pepperoni Pizza Grilled Cheese Baby Carrots w/dip Cucumbers Mixed Fruit Fresh Fruit Milk</p>
25	<p>Chicken Patty Meatloaf Mashed Potatoes Green Beans Mixed Fruit Fresh Fruit Milk</p>	<p>26</p> <p>Walking Taco Quesadilla Salsa Black Beans California Blend Veggies Pears Fresh Fruit Milk</p>	<p>27</p> <p>Chicken Alfredo Chili Broccoli Carrots Applesauce Fresh Fruit Milk</p>	<p>28</p> <p>Hot Ham and Cheese Chicken Nuggets w/roll Tater Tots Peas Peaches Fresh Fruit Milk</p>	<p>29</p> <p>Pizza Hot Dog Garden Salad Fresh Veggies w/dip Strawberry Cup Fresh Fruit Milk</p>

### News

National School Lunch Week is October 11-15! In celebration, on Thursday, Oct 14, we will give each student receiving a school lunch a free cookie and a chance to get a "Lucky Tray" and a special prize.

October is the month  
When the smallest breeze  
Gives us a shower  
Of Autumn leaves.  
Bonfires and pumpkins,  
Leaves sailing down-  
October is red,  
And golden and brown.



Lunch menu is subject to change as our distributor is experiencing supply chain shortages.

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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