

October

St. Catherine Laboure

FOOD IN FOCUS



FOOD IN FOCUS PLATE

LUNCH AND SALAD

OPTION PRICING

PRE K : \$4.00

GRADE K-2ND: \$4.50

GRADE 3RD-8TH : \$4.85

EXTRA ENTRÉE : 1.95

ALA CARTE MILK/8OZ WATER:\$50

DAILY SALAD OPTION :

MONDAY: Chicken Caesar

TUESDAY: Taco Salad

WEDNESDAY: Chef Salad

THURSDAY: BLT Salad

FRIDAY: Garden Salad

HOT AND COLD ALA CARTE AVAILABLE DAILY

**PLEASE CHECK YOUR
MYSCHOOLBUCKS ACCOUNT**

THANK YOU

MENU IS SUBJECT TO CHANGE

Contact our dietitian
at lisa@foodserv.org for special
dietary concerns

For more information about FSC or
employment opportunities, please go to
www.foodserviceconsultants.org



MONDAY

French Toast Nibblers
OR
Mini Waffles
with
Crispy Bacon Slice
Yogurt
Frosty Peaches

2

TUESDAY

Baked Macaroni & Cheese
OR
BLT Wrap
with
Fresh Veggies & Dip
Mandarin Oranges
Cinnamon Goldfish

3

WEDNESDAY

Mini Corn Dogs
OR
Crispy Chicken Tenders
with
Tossed Salad
Vine-Ripened Grapes
Mini Rice Krispies Treat

4

THURSDAY

Pepperoni Hot Pocket
OR
Italian Chicken Sliders
with
Tossed Mixed Greens
Diced Pears
Creamy Yogurt

5

FRIDAY

Carnival Corn Dog
OR
Cheeseburger with Bun
with
Smiley Face Potatoes
Icy Blueberries
Flavored Jell-O

6

Cheese Stuffed Bosco Stick
OR
Pepperoni Hot Pocket
with
Fresh Veggies & Dip
Orange Wedges
Yogurt

9

Crispy Chicken Strips
OR
Turkey and Cheese
Croissant
with
Golden French Fries
Garden Salad
Ice Cream Cup

10

Dinosaur Chicken Nuggets
OR
Golden Grilled Cheese
with
Vegetable Medley
Frosty Peaches
Jiggling Jell-O

11

Popcorn Chicken
OR
Hot Ham and Cheese
with
Fruit Flavored Yogurt
French Fries
Veggies with Dip

12

PAPA JOHNS PIZZA
Cheese, Pepperoni
Or Sausage
with
Orange Wedges
Garden Salad

13

Breaded Chicken Patty
OR
Grilled Hamburger
with
Golden French Fries
Fresh Veggies & Dip
Mandarin Oranges

16

Golden Grilled Cheese
OR
Chicken Rings
with
Tomato Soup
Sweet Strawberries
Chilled Pudding

17

French Toast Nibblers
OR
Mini Waffles
with
Crispy Bacon Slice
Yogurt
Frosty Peaches

18

Stadium Style Hot Dog
OR
Crispy Chicken Nuggets
with
Tater Tots
Fresh Veggies & Dip
Creamy Sherbet

19

Noon Dismissal
No FSC

20

Crispy Nachos with
Cheese
OR
Carnival Corn Dog
with
Fresh Veggies & Dip
Tropical Mixed Fruit
Vanilla Wafers

23

Emoji Waffle
OR
French Toast Sticks
with
Golden Hash Browns
Tropical Fruit Medley
Mini Blueberry Muffin

24

Chicken Ring
OR
Toasted Beef Ravioli
with
Buttered Noodles
Golden Corn
Sparkling Jell-O

25

Fall Break

26

Fall Break

27

Fall Break

30

Fall Break

31

Did you know?



The first Jack-o-Lanterns were made with turnips
and were thought to scare away evil spirits.