

Diocese of Lake Charles

October 2019

Mon	Tue	Wed	Thu	Fri
Choice of Milk 1% White Fat Free Chocolate Fat Free Strawberry Menus Subject to Change This institution is an equal opportunity provider.	1 Fiesta Soft Tacos 1(K-5) 2(6-12) GB/Cheese/JP/SC IB Lettuce 1/8 Pinto Beans 1/2 Sweet K. Corn 1/2 Peach Slices 1/2 H.S. Fruit 1/2	2 Cheeseburger Hamburger Bun Tomato Slices 1/4 IB Lettuce 1/8-1/4 French Fries 1/2 Orange smiles 1/2 HS Fruit 1/2 WG Dessert Choice	3 OLI In Service Turkey Roast, G. Red Beans 1/2 & Brown Rice 1/2 Yam Patty 1/4-1/2 Apple Wedges 1/2 H. S. Fruit 1/2 Southern Cornbread	4 OLI – Fair Day Toasted Grilled Cheese Sandwich Baby Carrots 1/2 Broccoli Florets 1/4-1/2 Veg. Dip Seasonal Fruit 1/2 H. S. Fruit 1/2
7 Italian Meat Sauce WG Spaghetti 1/2 Cauliflower 1/2 DG's Salad 1/4-1/2 Pineapple 1/2 HS Fruit 1/2 WG Garlic Roll	8 Chicken Nuggets Sweet Pot. Fries OR Sweet Pot. Puffs 1/2 Celery Sticks-1/4-1/2 Applesauce 1/2 H.S. Fruit 1/2 WG Dessert 3/4-1GB (HS)	9 Salisbury Steak, G. Creamy Potatoes 1/2 Garden DG Salad 1/4 Cherry Tom. 1/4 (HS) Peach Slices 1/2 HS Fruit 1/2 WG Yeast Roll	10 Chicken Stew Brown Rice 1/2-1 C. (HS) Black Eye Peas 1/2 Baby Carrots 1/4-1/2 Apple Wedges 1/2 H. S. Fruit 1/2	11 Baked Potato 1/2 C (Cheese/SC/BB) Broccoli 1/2 Fruit Mix 1/2 H.S. Fruit 1/2 WG Cinnamon Roll
IN SERVICE 14 Nachos Grande (GB/Cheese/JP/SC) Salsa OR Diced Tomato 1/8 IB Lettuce 1/8 Pinto Beans 1/2 Kernel Corn 1/4 Peach Slices 1/2 H. S. Fruit 1/2	15 Hamburger Hamburger Bun Tomato Slices 1/4 IB Lettuce 1/8-1/4 French Fries 1/2 Pear Slices 1/2 H. S. Fruit 1/2 WG Cookie Choice	16 Chicken Alfredo WG Pasta 1/2 Yam Patty 1/2 DG's Salad 1/4-1/2 Orange Smiles 1/2 H. S. Fruit 1/2 WG Garlic Roll	17 Pork Roast, Gravy Brown Rice 1/2-1 C. Sweet Peas 1/2 Cauliflower 1/4-1/2 Cheese Sauce Spiced Apples 1/2 H. S. Fruit 1/2	18 Fish Portion Broccoli 1/2 (Fresh) Dip for Broccoli Buttered Carrots 1/4-1/2 Pineapple Tidbits 1/2 H. S. Fruit 1/2 WG Yeast Roll or HB Bun (Fish Portion)
21 WG Corn Dog French Fries 1/2 Mexican Beans 1/2 Fruit Mix 1/2 H. S. Fruit 1/2 WG Dessert Choice	22 Meat Balls & Gravy Brown Rice 1/2-1 C. Broccoli 1/2 Cheese Sauce Yam Patty 1/4-1/2 Fruit Choice 1/2 H. S. Fruit 1/2	23 Chicken Nuggets Mac. & Cheese 1/2 Baby Carrots 1/4 Cherry Tomatoes 1/4 Cuc. Sticks 1/4-1/2 Dip for Vegetables Pear Slices 1/2 H. S. Fruit 1/2	24 Baked Chicken, G Brown Rice 1/2-1 C. Lima Beans 1/2 Buttered Carrots 1/4-1/2 Applesauce 1/2 H. S. Fruit 1/2	25 Nachos Cheese/JP/SC IB Lettuce 1/4-1/2 Sweet K. Corn 1/2 Apple Wedges 1/2 H. S. Fruit 1/2 WG Cinnamon Roll
28 Cheeseburger Hamburger Bun Tomato Slices 1/4 IB Lettuce 1/8-1/4 French Fries 1/2 Orange Smiles 1/2 HS Fruit 1/2 WG Dessert Choice	29 Fiesta Soft Tacos 1(K-5) 2(6-12) GB/Cheese/JP/SC IB Lettuce 1/8 Pinto Beans 1/2 Kernel Corn 1/2 Peach Slices 1/2 HS Fruit 1/2	30 Italian Meat Sauce WG Pasta 1/2 Green Beans 1/2 DG's Salad 1/4-1/2 Pineapple Tidbits 1/2 HS Fruit 1/2 WG Garlic Roll	31 Halloween Turkey Roast, G. Red Beans 1/2 & Brown Rice 1/2 Yam Patty 1/4-1/2 Apple Wedges 1/2 HS Fruit 1/2 Southern Cornbread Halloween Dessert	Notification: Peanuts/Peanut Butter are not used in our meals. However, some products may contain nuts, may be produced in plants that use nuts and may contain traces of nuts. July 21 2019