



ST. TERESA – ST. RITA UPK

OCTOBER				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Whole Grain_Chicken Nuggets Mixed Vegetables	2 Whole Grain French Toast Sticks Cucumbers
5 _Ravioli Steamed Carrots	6 Whole Grain Chicken Nuggets Corn	7 Penne Butter Broccoli	8 Grilled Cheese Sandwich Peas & Carrots	9 Pizza Bagels Sautee String beans
12 <b>NO LUNCH</b>	13 Macaroni & Cheese Broccoli	14 Penne Marinara Meatballs Sautee string Beans	15 Whole Grain_Chicken Nuggets Mixed Vegetables	16 Pizza Bagels Corn
19 Penne Butter Broccoli	20 Whole Grain_Chicken Nuggets Peas & Carrots	21 Grilled Cheese Sandwich Corn	22 Ravioli Mixed Vegetables	23 Pizza Bagels String Beans
26 Chicken Patty Sandwich Steamed Carrots	27 Macaroni & Cheese Broccoli	28 Penne Marinara Meatballs String Beans	29 Whole Grain_Chicken Nuggets Mixed vegetables	30 Whole Grain French Toast Sticks Cucumbers

Water, Milk1%, Juice, and fruit Available Daily..... 1 Snack Provided Daily ALLERGY CONCERNS PLEASE CONTACT LENNY HILLERS JR. 347-739-5158



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