

St. Anthony's Catholic School

October 2019

Mon	Tue	Wed	Thu	Fri
	1	2	3	4
	3 oz. Salisbury steak 1/2c. scalloped potato 1/2c. peas 1/2c. pineapple	3 oz. BBQ rib 1/2c. cheesy potatoes 1/2c. green beans 1/2c. applesauce	1c. Chicken casserole 1/2c. broccoli 1/2c. fruit cup cookie	3 oz. fish'n cheese on bun w/ tartar sauce 1/2c. French fries 1/2c. peaches
7	8	9	10	11
3 oz. polish sausage 1/2c. garlic mashed potato 1/2c. baked beans 1/2c. pears	1c. lasagna 1/2c. carrots 1 pc fresh fruit 1 pc garlic bread	3 oz. chicken patty on bun 1/2c. tator tots 1/2c. fruits for salad	3 oz. roast beef 1/2c. mashed potato/gravy 1/2c. peaches 1 cookie	<i>No School</i>
14	15	16	17	18
1/2c. meat sauce over 1c. spaghetti 1/2c. veg. 1/2c. pears 1 pc garlic bread	1/2c. scrambled eggs 2 sausages 2 potato pancaked /syrup 1/2c. applesauce	3 oz. hotdog / bun 1/2c. baked beans 1 pkg. sun chips 1/2c. pineapple	3 oz. meatloaf 1/2c. cheesy hash browns 1/2c. peaches	1 c. macaroni & cheese 1/2c. veg. 1 pc. Fresh fruit 1 pc chocolate cake
21	22	23	24	25
1/2c. beef tips 'gravy Over 1 c. noodles 1/2c. mixed vegetable 1 pc fresh fruit 1 pc rice Krispy bar	3 oz. BBQ chicken 1/2c. mashed potato/ gravy 1/2c peas 1 banana	3 oz. Salisbury steak 1/2c. mashed potato/ gravy 1/2c. carrots 1/2c. peaches	3 oz. corndog 1/2c. French fries 1/2c. mixed fruit 1 chocolate ice cream	<i>No School</i>
28	29	30	31	
1 c. beef stew w/beef, carrots & potato 1pc fresh fruit 1 pc dessert	4 chicken nuggets / sauce 1/2c French fries 1/2c. fruits for salad cookie	BUILD -A - BURGER w/ cheese, lettuce, tomato, onion 1 pkg sun chips 1/2c. peaches	1 4x6 pizza 1/2c. raw veg. / dip 1/2c. pears brownie	

**1% or skim chocolate milk served daily / bread, bread subs and butter served daily