



# SIMPLY GOOD

## Our Lady of Mt. Carmel October 2017 Lunch Menu

A full student lunch includes a choice of entrée supplying protein and whole grain, one (2) vegetable side dish, two (2) fruit side dishes, and a choice of milk. Milk choices include 1% white and skim chocolate



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
1. Hotdog on a Roll  <b>Baked Fries Corn</b>	1. General Tso's Chicken Lucky Fried Rice  <b>Steamed Broccoli Baby Carrots</b>	<b>CELEBRATE TACO DAY!</b> 1. Beef Tacos Lettuce and Cheese <b>Salsa Seasoned Black Beans</b>	1. Chicken and Gravy Dinner Roll  <b>Mashed Potato Savory Green Beans</b>	1. Classic Cheese Pizza  <b>Tossed Mixed Greens Baby Carrots</b>
<b>Alternate Meals:</b>		<b>2. Mini Pancakes with Eggs</b>		<b>3. Ham &amp; Cheese on a Pretzel Roll</b>
9	10	11	12	13
 <i>Columbus Day</i>	1. Brunch for Lunch French Toast Sausage Patty  <b>Hash Browned Potatoes Sweet Corn Salad</b>	1. Chicken Tenders Whole Grain Biscuit  <b>BBQ Baked Beans Baked Fries</b>	1. Macaroni and Cheese Dinner Roll  <b>Savory Green Beans Baby Carrots</b>	1. Classic Cheese Pizza  <b>Caesar Salad Celery Sticks</b>
<b>Alternate Meals:</b>		<b>2. Cheese Stuffed Bread Sticks with Sauce</b>		<b>3. Crispy Chicken Popper Salad w/Bread</b>
16	17	18	19	20
1. Cheese burger  <b>Oven Baked Fries Seasoned Carrot Coins</b>	1. Beef Tacos Lettuce and Cheese  <b>Salsa Corn Niblets</b>	1. Sweet & Sour Chicken Fried Rice  <b>Seasoned Carrots Broccoli Bites w/ Ranch</b>	1. BBQ Pulled Pork on a Bun  <b>Oven Baked Fries BBQ Baked Beans</b>	1. Classic Cheese Pizza  <b>Tossed Mix Greens Grape Tomatoes</b>
<b>Alternate Meals:</b>		<b>2. Chicken Nuggets with a Slice of Bread</b>		<b>3. Nacho Fun Lunch</b>
23	24	25	26	27
1. Brunch for Lunch French Toast Sausage Patty  <b>Hash Browned Potatoes Sweet Corn Salad</b>	1. Beef Nachos Lettuce and Cheese  <b>Salsa Seasoned Black Beans</b>	1. Meatballs served over Pasta with Marinara Dinner Roll  <b>Seasoned Carrots Tossed Salad</b>	1. Classic Cheese Pizza  <b>Caesar Salad Baby Carrots</b>	<b>No School</b>
<b>Alternate Meals:</b>		<b>2. Chicken Patty Sandwich</b>		<b>3. Yogurt, Shirbark &amp; Cheese Stick Fun Lunch</b>
30	31	<p><i>Join the Food Day Apple Crunch on and around October 24, 2017</i></p>		
1. Popcorn Chicken Dinner Roll  <b>Mashed Potato Corn</b>	1. Beef Tacos Lettuce and Cheese  <b>Salsa Seasoned Black Beans</b>			
<b>Alternate Meals</b>		<b>2. Mini Pancakes with Eggs</b>		<b>3. Ham and Cheese on a Pretzel Roll</b>

If you have any **food allergies**, please let us know!

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Download the app for your smartphone

**Questions or Comments?**  
Please call Kim Orr,  
Foodservice Director at  
401-253-1452



This institution is an equal opportunity provider

