



# Lunch Calendar October

**Lunch Meal Prices**  
Student Elem \$3.15  
Student Mid \$3.30  
Adult/Guest \$5.00  
Extra Milk \$0.65  
Extra Elem \$1.25  
Extra Mid \$2.00

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 Weekly Alternate Pork Tenderlion w/ Bun	29 Hot Dog W/ Bun Baked Bean Apple Slices	30 Cheese Enchilada Baby Carrots Orange Slices	1 October Popcorn Chicken Waffle Fresh Cauliflower Canataloupe	2 Salisbury Steak Dinner Roll Mashed Potatoes Blueberries	3 Pizza Crusher Romaine Lettuce Strawberries	4
5 Weekly Alternate Pulled Pork /w Bun	6 Chicken Sandwich Corn Pears	7 Nachos Taco Meat Cheese Sauce Mexi Beans Apples	8 Mini Corndog Cooked Carrots Kiwi	9 Orange Chicken Rice Mixed Vegetables Peaches	10 Pepperoni Pizza Spring Mix Grapes	11
12 Weekly Alternate Hamburger w/ Bun	13 Tenderloin /w Bun Sweet Potato Fries Mixed Fruit	14 Walking Taco Corn Strawberries	15 Chicken Nuggets Garlic Bread Baked Beans Banana	16 Chicken Alfredo Broccoli Mandarin Oranges	17  No School!	18
19 Weekly Alternate Chicken Sandwich	20 Sloppy Joes Iceburg Salad Pears	21 Quesadilla Refried Beans Applesauce	22 Fish Sticks Biscuit Smiley Potatoes Peaches	23 Mac and Cheese Baby Carrots Watermelon	24 Cheese Pizza Spring Mix Blueberries	25
26 Weekly Alternate Hotdog w/ Bun	27 BBQ Patty /w Bun Baked Beans Grapes	28 Soft Shell Tacos Mixed Peppers Kiwi	29 Chicken Strip Breadstick Cucumbers Pears	30 Chicken Parm Garlic Bread Broccoli Baked Apples	31  No School!	1
Lunch: Entrée, Fruit, Vegetable and Milk Chocolate and 1% Milk Available		Menu is subject to change  All Grains are whole wheat or whole grain. "This institution is an equal opportunity provider" Substitutes will be available for dietary restrictions.				Ryan Geerts Food Service Manager 319-396-7792 ext. 316 rgeerts@lasallecatholiccr.org