

Archdiocese School Food Service  
Lunch Menu K-8

# October 2022

All entrees served with choice of 1% milk, fat free unflavored or flavored milk. All grain items offered are Whole Grain Rich.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beans & Peas	Red & Orange	Starchy	Dark Green	Other Vegetables
<b>3</b>  <b>Chicken Tamal</b> w/ Pinto Beans (3/4c) 100% Fruit Juice Milk	<b>4</b>  <b>Ham &amp; Cheese Panini Sandwich (cold)</b> w/ Carrot Sticks (3/4c) Fresh Fruit Milk	<b>5</b>  <b>Chicken Nuggets w/ Whole Kernel Corn (3/4c)</b> Fresh Fruit Milk	<b>6</b>  <b>Chef Turkey &amp; Ham Salad w/ Wheat Dinner Roll</b> 100% Fruit Juice Milk	<b>7</b>  <b>Bean &amp; Cheese Burrito</b> w/ Carrot Sticks (3/4c) Fresh Fruit Milk
<b>10</b>  <b>Chicken Mole w/ Spanish Rice (3/4c)</b> Pinto Beans (3/4c) 100% Fruit Juice Milk	<b>11</b>  <b>Caesar Chicken Tortilla Wrap</b> w/ Carrot Sticks (3/4c) Fresh Fruit Milk	<b>12</b>  <b>Chicken &amp; Waffles</b> w/ Mashed Potatoes (3/4c) Fresh Fruit Milk	<b>13</b>  <b>COLD Cajun Chicken Pasta Salad</b> w/ Broccoli Salad (1c) 100% Fruit Juice Milk	<b>14</b>  <b>Italian, Turkey, Ham &amp; Cheese Hoagie Sandwich</b> w/ Carrot Sticks (3/4c) Fresh Fruit Milk
<b>17</b>  <b>Beef &amp; Cheese Nachos</b> w/ Pinto Beans (3/4c) 100% Fruit Juice Milk	<b>18</b>  <b>Santa Fe Chicken Salad</b> w/ Wheat Dinner Roll Fresh Fruit Milk	<b>19</b>  <b>Turkey Hot Dog on Bun</b> Whole Kernel Corn (3/4c) Fresh Fruit Milk	<b>20</b>  <b>Oriental Chicken Tortilla Wrap</b> w/ Broccoli Salad (3/4c) 100% Fruit Juice Milk	<b>21</b>  <b>Honey BBQ Wings</b> w/ Dinner Roll Carrot Sticks (3/4c) Fresh Fruit Milk
<b>24</b>  <b>Beef &amp; Bean Chili (1c)</b> w/ Dinner Roll Whole Kernel Corn (1/2c) 100% Fruit Juice Milk	<b>25</b>  <b>COLD Marinara Cheese Pasta Salad</b> w/ Carrot Sticks (3/4c) Fresh Fruit Milk	<b>26</b>  <b>Pepper Jack Cheeseburger</b> w/ Tater Tots (3/4c) Fresh Fruit Milk	<b>27</b>  <b>Chef Turkey &amp; Ham Salad</b> w/ Wheat Dinner Roll 100% Fruit Juice Milk	<b>28</b>  <b>Turkey &amp; Cheese Hoagie Sandwich</b> w/ Carrot Sticks (3/4c) Fresh Fruit Milk
<b>31</b>  <b>Chicken Quesadilla</b> w/ Spanish Rice (1/2c) Pinto Beans (3/4c) 100% Fruit Juice Milk				

Menu subject to change without notice.

Menu items may change due to supply chain issues, including limited food availability, staff shortages, distribution issues, inflationary prices and/or other challenges.

This institution is an equal opportunity provider.

