

St. Bernadette of Amelia

**October 2018**

Daily Special Meal \$3.25 (must be purchased exactly as listed for meal price)

A La Carte or Daily Entrée: \$1.75; Side Items: \$1.00; Beverage: \$.50

USDA Daily Requirements K thru 8: protein 1.5 oz., fruits 4oz., vegetables 6oz., whole grains 1 serving

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Oct 1</b> <u>Crunchy Beef Taco</u> beef and cheese black beans choice of fruit	<b>2</b> <u>Three Pancakes</u> Gogurt stick choice of fruit	<b>3</b> <u>Three Breaded Chicken Tenders</u> choice of side choice of fruit	<b>4</b> <u>Spaghetti</u> choice of meatballs & sauce garlic bread choice of fruit	<b>5</b> <u>Slice of Pizza or Two Cheesy Bread Sticks</u> carrots & ranch choice of fruit
<b>8</b> <u>NO School</u>	<b>9</b> <u>Two Whole Grain Waffles</u> sliced bacon choice of fruit	<b>10</b> <u>Five Chicken Nuggets</u> macaroni & cheese choice of fruit	<b>11</b> <u>3-Way Chili Spaghetti</u> *Shredded cheese, chili and crackers optional at service line choice of fruit	<b>12</b> <u>Slice of Pizza or Two Cheesy Bread Sticks</u> carrots & ranch choice of fruit
<b>15</b> <u>Chicken Snack Wrap</u> flour wrap, ranch, boneless chicken, cheese choice of side choice of fruit	<b>16</b> <u>Three French Toast Sticks</u> 2 sausage links choice of fruit	<b>17</b> <u>Hamburger/ Cheeseburger</u> tater tots choice of fruit	<b>18</b> <u>Cheese Coney</u> *Cheese, hot dog and chili optional at service line choice of side choice of fruit	<b>19</b> <u>Slice of Pizza or Two Cheesy Bread Sticks</u> carrots & ranch choice of fruit
<b>22</b> <u>Beef &amp; Cheese Nachos</u> <i>Corn chips served with taco beef, cheese sauce and salsa option</i> choice of side	<b>23</b> <u>Bacon, Egg and Cheese Bagel</u> Gogurt stick choice of fruit	<b>24</b> <u>Whole Grain Chicken Bites</u> choice of side choice of fruit	<b>25</b> <u>Pasta Bake</u> ziti noodles, tomato sauce & mozzarella cheese garlic bread choice of side	<b>26</b> <u>Slice of Pizza or Two Cheesy Bread Sticks</u> carrots & ranch choice of fruit
<b>29</b> <u>Grilled Cheese &amp; Bacon</u> *bacon optional tomato soup choice of fruit	<b>30</b> <u>Three Pancakes</u> Gogurt stick choice of fruit	<b>31</b> <u>Chicken Sandwich with Cheese</u> broccoli bites choice of fruit	<b>Nov 1</b> <u>No School</u>	<b>Nov 2</b> <u>No School</u>

Everyday Entrees- \$1.75			
cheese sandwich	turkey wrap (cheese optional)	peanut butter & jelly sandwich	fruit & yogurt parfait
chili	soup of the day	bagel with cream cheese	assorted whole grain cereal with milk
Side Items- \$1.00			
Sun Chips ©	pretzels	cheese popcorn	tortilla chips w/ tomato salsa
side salad w/ dressing	banana	whole fresh fruit	applesauce
	Mandarin oranges	GoGurt Stick ©	

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