Lunch	$3.60
Milk	$0.60

Frassati Catholic Academy
Lunch - October 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Popcorn Chicken Alfredo Noodles Garlic Toast Steamed Broccoli Caesar Salad Baby Carrots Sliced Oranges Chilled Mixed Fruit	**3** BBQ Riblet on Bun Baked Beans Salad Greens Fresh Sugar Snap Peas Fresh Pineapple Chilled Applesauce	**4** Teriyaki Chicken & Noodles Local Green Pepper Strips Asian Salad Cucumbers Fresh Pear Strawberry Mango Fruit Slushie	**5** Chicken & Cheese Fiesta Roll Up Sweet Corn Taco Salad Grape Tomatoes Jicama Sticks Banana Mandarin Oranges & Pineapple Mix	**6** Cheese Pizza Mashed Potatoes & Gravy Salad Greens Baby Carrots Fresh Apple Chilled Peaches
9 Whole Grain Pasta w/Meatballs and Marinara Sauce Parmesan Cheese Garlic Toast Steamed Carrots Caesar Salad Celery Sticks Sliced Oranges Chilled Pears	**10** Omelet w/Colby Cheese & Mini Maple Pancakes Tri Tater Salad Greens Zucchini Sticks Fresh Sliced Melon Chilled Pineapple	**11** Orange Chicken Brown Rice Edamame Salad Greens Local Roasted Cauliflower Local Sliced Watermelon Chilled Mandarin Oranges	**12** Make Your Own Nachos w/Turkey/Beef or Refried Beans Tortilla Chips Cheese Sauce Refried Beans Sweet Corn Black Bean Salad Shredded Lettuce Fresh Tomatoes Fresh Pine Tree Apple Chilled Peaches	**13** Crispy Fish Sticks Fresh Baked Biscuit Potato Smiles Salad Greens Fresh Broccoli Fresh Banana Chilled Applesauce
16 Mini Corn Dogs Caesar Salad Baby Carrots V Blend Juice Fresh Plum Chilled Mixed Fruit Frosted Sugar Cookie	**16** French Toast Sticks w/Syrup Assorted Yogurt Cups Tater Tots Salad Greens Jicama Sticks Fresh Kiwi Warm Cinnamon Apples	**18** **No School**	**19** **No School**	**20** **No School**
23 Popcorn Chicken Alfredo Noodles Garlic Toast Steamed Broccoli Caesar Salad Baby Carrots Sliced Oranges Chilled Mixed Fruit	**24** BBQ Riblet on Bun Baked Beans Salad Greens Fresh Sugar Snap Peas Fresh Pineapple Chilled Applesauce	**25** Teriyaki Chicken & Noodles Fresh Red/Green Peppers Asian Salad Cucumbers Fresh Pear Strawberry Mango Fruit Slushie	**26** Chicken & Cheese Fiesta Roll Up Sweet Corn Taco Salad Grape Tomatoes Jicama Sticks Banana Mandarin Oranges & Pineapple Mix	**27** Cheese Pizza Mashed Potatoes & Gravy Salad Greens Baby Carrots Fresh Apple Chilled Peaches
30 Whole Grain Pasta w/Meatballs and Marinara Sauce Parmesan Cheese Garlic Toast Steamed Carrots Caesar Salad Celery Sticks Sliced Oranges Chilled Pears	**31** Omelet w/Colby Cheese & Mini Maple Pancakes Tri Tater Salad Greens Zucchini Sticks Fresh Sliced Melon Chilled Pineapple			

1%, skim white and skim chocolate milk served daily.

*USDA and WBLAS are equal opportunity employers and providers.