



October 2010 Menu

Pope John XXIII Catholic School

Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8
Meatball Sub Sandwich Green Beans Diced Peaches Choice of Milk, Juice or Water	Chicken Gravy & Biscuits Tossed Green Salad Fresh Cut Orange Wedges Ranch Packet Choice of Milk, Juice or Water	Hot Turkey & Cheese Sandwich Whole Kernal Corn Cut Pineapple Chunks Choice of Milk, Juice or Water	Beef Lasagna Sliced French Bread Fresh Carrots Fruit Cocktail Choice of Milk, Juice or Water	No School
11	12	13	14	15
No School	Spaghetti w/ Meat Sauce Sliced French Bread Cut Cucumbers Diced Peaches Choice of Milk, Juice or Water	Chicken Strips w/WG Roll Steamed Carrots Fruit Cocktail Ketchup Packet Choice of Milk, Juice or Water	Teriyaki Chicken & Rice Cut Broccoli Fresh Cut Orange Wedges Fortune Cookie Choice of Milk, Juice or Water	Cheese Pizza Tossed Green Salad Fresh Cut Apple Wedges Ranch Packet Choice of Milk, Juice or Water
18	19	20	21	22
Fish Sticks w/WG Roll Steamed Carrots Diced Pears Ketchup Packet Choice of Milk, Juice or Water	(2) Chicken Tostadas Refried Beans & Cheese Banana Taco Sauce Choice of Milk, Juice or Water	Chicken Sandwich on Bun Celery Sticks Diced Peaches Mayonnaise Packet Choice of Milk, Juice or Water	100% Beef Hamburger w/Bun Wedge Fries Pineapple Chunks Ketchup & Mustard Packet Choice of Milk, Juice or Water	Cheese Pizza Tossed Green Salad Fresh Cut Apple Wedges Ranch Packet Choice of Milk, Juice or Water
25	26	27	28	29
Meatballs & Brown Gravy Mashed Potatoes Diced Peaches Sliced French Bread Choice of Milk, Juice or Water	Bean & Cheese Burrito Whole Kernel Corn Fruit Cocktail Taco Sauce Choice of Milk, Juice or Water	Homemade Macaroni & Cheese Cut Cucumbers Fresh Cut Orange Wedges Choice of Milk, Juice or Water	No Lunch	No School

**Fresh Fruits & Vegetable selections subject to change based on quality, seasonality, and availability.

*All meals are served with choice of Milk (1% Chocolate or Non-Fat White), Water Bottle or Fruit Juice