



## Nativity of Mary School October 2020 Lunch Menu



*feeding children is*  
**A WORK OF HEART**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**



1

**Chicken  
Cheesesteak Hoagie**

Diced Pears  
Romaine Salad  
Milk

2

**Turkey Submarine**  
w/lettuce and tomato  
Fruit Cup  
Fries with a Smile  
Milk

World  
Smile  
Day

5

**Chicken Patty  
on a Bun with Chips**

Applesauce Cup  
Carrot Coins  
Milk

6

**Taco in a Bag  
w/Salsa Rice**

Mixed Fruit Cup  
Corn  
Milk

7

**Pizza Sub with  
Mozzarella Cheese**

Peach Cup  
Broccoli Florets  
Milk

8

**Bacon Cheeseburger  
on a Bun**

Diced Pears  
Veggie Beans  
Milk

9

**Professional  
Development Day  
No School**

**National School Lunch Week October 12<sup>th</sup> - 16<sup>th</sup>**

12

**Columbus Day**

13

**Egg, Cheese  
& Sausage on a Bun**

Applesauce Cup  
Carrot Bites  
Milk

14

**Cinnamon & French  
Toast Sticks Combo  
w/Sausage**

Peach Cup  
Broccoli Florets  
Milk

15

**Fall Food Fest!**

**Corn Dog  
w/Honey Mustard Dip**  
Crisp Apples  
French Fries  
Milk  
**Harvest Cake**

16

**Chicken & Cheese  
Quesadilla**

Fruit Cup  
Garden Side Salad  
Milk

19

**Mini Confetti  
Pancakes  
with Sausage**

Peach Cup  
Green Beans  
Milk

20

**Pizza Sub with  
Mozzarella Cheese  
& Seasoned Pasta**

Mixed Fruit Cup  
Carrot Coins  
Milk

21

**Taco in a Bag  
with Nacho Doritos &  
Salsa Rice**

Applesauce Cup  
Corn Niblets  
Milk

22

**Meatball Submarine  
with Melted  
Mozzarella**

Diced Pears  
Romaine Salad  
Milk

23

**Cheeseburger  
on a Bun with Chips**

Fruit Cup  
Veggie Beans  
Milk

26

**Chopped Salad with  
Grilled Chicken Strips  
& Dinner Roll**

Applesauce Cup  
Carrot Bites  
Milk

27

**Chicken & Bacon  
Flatbread Melt**

Fruit Cup  
Oven Fries  
Milk

28

**French Toast Sticks  
with Sausage  
& Syrup**

Peach Cup  
Green Beans  
Milk

29

**Mozzarella Breadsticks  
with Dip  
& Seasoned Pasta**

Diced Pears  
Broccoli  
Milk

**Happy Halloween!**

30

**Nachos Grande  
with Meat,  
Cheese & Rice**

"Boo" Berry Whip  
Vegetarian Beans  
Milk  
**Halloween Treat**

**Milk Included with Lunch:  
Low-Fat White, Fat Free White  
or Fat Free Chocolate**

**Meal Components:  
Protein, Grain, Fruit, Vegetable and Milk**

**USDA and this institution are equal opportunity  
providers and employers.**