




October 2022

Menu is subject to change



A variety of fresh fruit and vegetable are offered daily

"This institution is an equal opportunity Provider."

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Corn Dogs 3 Fruit and Vegetable Ham & Cheese WG-Sandwich **NO Salad Bar**	Chicken Patty On WG Bun 4 Fruit and Vegetable Turkey & Cheese WG-Sandwich Salad Bar	French Toast Sticks Sausage 5 Fruit and Vegetable SunButter & Jelly WG-Sandwich Salad Bar	Meatball Sub 6 Fruit and Vegetable Ham & Cheese WG-Sandwich Salad Bar	Cheese Pizza 7 Fruit and Vegetable SunButter Jelly WG-Sandwich Salad Bar
Chicken Nuggets 10 Fruit and Vegetable Ham & Cheese WG-Sandwich Salad Bar	Hot Dog or Chili Dog On WG Bun 11 Fruit and Vegetable Turkey & Cheese WG-Sandwich Salad Bar	Beef Nachos 12 Fruit and Vegetable SunButter & Jelly WG-Sandwich Salad Bar	Pretzel w/Cheese Sauce 13 Fruit and Vegetable Ham & Cheese WG-Sandwich Salad Bar	Hamburger/Cheeseburger On WG Bun 14 Fruit and Vegetable SunButter Jelly WG-Sandwich Salad Bar
Bosco Cheese Stick Marinara Sauce 17 Fruit and Vegetable Ham & Cheese WG-Sandwich Salad Bar	Chicken Patty on WG Bun 18 Fruit and Vegetable Turkey & Cheese WG-Sandwich Salad Bar	<div style="text-align: center;">  </div> 19	<div style="font-size: 4em; font-weight: bold; letter-spacing: 0.5em;"> MEA BREAK </div>	
French Toast Sticks Sausage 24 Fruit and Vegetable Ham & Cheese WG-Sandwich Salad Bar	Spaghetti & Meatballs Buttered Noodles 25 Fruit and Vegetable Turkey & Cheese WG-Sandwich Salad Bar	Mini Corn Dogs 26 Fruit and Vegetable SunButter & Jelly WG-Sandwich Salad Bar	Popcorn Chicken 27 Fruit and Vegetable Ham & Cheese WG-Sandwich Salad Bar	Grilled Cheese & Chili 28 Fruit and Vegetable SunButter Jelly WG-Sandwich Salad Bar
Cheese Pizza 31 Fruit and Vegetable Ham & Cheese WG-Sandwich Salad Bar				
				SY2022-2023 Lunch \$3.75 Ala Carte \$1.75 Milk \$.50 Adult Lunch \$5.00 Good Shepherd IS A NUT FREE SCHOOL