



MOTHER OF OUR REDEEMER

CATHOLIC SCHOOL

October Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chinese Rice Plantain Garden Salad Fresh Fruits Milk	2 Baked Ziti Caesar Salad Garlic Bread Fresh Fruits Milk	3 Baked Chicken Yellow Rice Sweet Plantain Garden Salad Fresh Fruits Milk	4 Soft Tacos Chips Garden Salad Apple Sauce Milk	5 Sandwich Ham/Turkey Cheese Chips Fruits Milk
8 NO SCHOOL Professional Day	9 Chicken Fricassee White Rice Vegetables Jell-O Milk	10 Spaghetti & Ground beef Caesar Salad Fresh Fruits Milk	11 Chicken Nuggets French Fries Corn Fresh Fruits Milk	12 Shredded Beef White Rice Red Beans Fresh Fruits Milk
15 Mac & Cheese Caesar Salad Fresh Fruits Milk	16 Chicken Teriyaki White Rice Vegetables Apple Sauce Milk	17 EARLY RELEASE Hot Dog Chips Fresh Fruits Milk	18 Ground Beef White Rice Black Beans Fruits Milk	19 Hamburger French Fries Garden Salad Fruits Milk
22 Chicken Milanese Mashed Potatoes Corns Fruits Milk	23 Grilled Chicken Yellow Rice Green Beans Jell-O Milk	24 Pasta Alfredo Caesar Salad Fruits Milk	25 Chicken Fajita Chips Garden Salad Fruits Milk	26 Beef Stew White Rice Red Beans Fruits Milk
29 Steak Sandwich Chips Fruits Salad Milk	30 Chicken and Rice Sweet Plantains Garden Salad Fruits Milk	31 Lasagna Caesar Salad Fruits Milk		

PK3-PK4 Daily Lunch Cost \$3.75
Kinder-8th Daily Lunch Cost \$4.75