



# MOTHER OF OUR REDEEMER

## CATHOLIC SCHOOL

### October Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28  White Rice Chicken Lentils Fruits Milk	29  Macaroni & Ground Beef Vegetables Fruits Milk	30  Chicken Tenders French Fries Corn Fruits Milk	1  Chinese Rice Salad Plantains Fruits Milk	2  Hot Dog Chips Salad Fruits Milk
5  Spaghetti Meatballs Green beans Bread Fruit Milk	6  Teriyaki Chicken White Rice Garden Salad Jell-O Milk	7  Hamburger French Fries Garden Salad Fruits Milk	8  Macaroni & Cheese Caesar Salad Fruits Milk	9  Ground Beef White Rice Black Beans Fruits Milk
12  <b>NO SCHOOL</b>	13  Chicken Fricassee White Rice Vegetables Jell-O Milk	14  Baked Ziti Garlic Bread Caesar Salad Fresh Fruits Milk	15  Chicken Nuggets French Fries Corn Fresh Fruits Milk	16  Shredded Beef White Rice Red Beans Fresh Fruits Milk
19  Chicken Fajitas Chips Garden Salad Fruits Milk	20  Pasta Alfredo Garlic Bread Salad Fruits Milk	21  Steak Sandwich Chips Jell-O Milk	22  Rice & Chicken Sweet Plantains Garden Salad Fruits Milk	23  Chicken Milanese Mashed Potatoes Corn Fruits Milk
26  Macaroni & Ground Beef Vegetables Fruits Milk	27  Sandwich Ham & Cheese Chips Fruits Milk	28  Grilled Chicken Yellow Rice Vegetables Jell-O Milk	29  Soft Tacos Chips Garden Salad Fruits Milk	30  Chinese Rice Egg Rolls Plantains Jell-O Milk

**PK3-PK4 Daily Lunch Cost      \$3.75**  
**Kinder-8<sup>th</sup> Daily Lunch Cost    \$4.75**