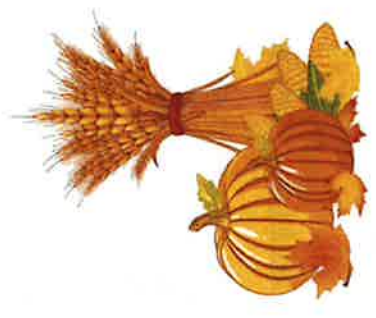


Breakfast - October 2024

Mon	Tues	Wed	Thu	Fri
	1 Cinnamon Roll Banana Fresh Orange Slices Milk	2 Cold Cereal Toast Dried Cranberries Milk	3 Pancakes Sausage Patty Orange Juice Milk	4 Danish Cheese Stick Grape Juice Milk
7 Blueberry Muffin Cottage Cheese Fresh Apple Slices Milk	8 Scrambled Egg Patty Whole Wheat Toast Grape Juice Milk	9 Nutri Grain Bar Cheese Stick Fresh Orange Slices Milk	10 Strawberry Cream Cheese Bagel Fresh Fruit Milk	11 Cold Cereal Banana Orange Juice Milk
14 Mini Donuts Mini Carrots Apple Juice Milk	15 Pancakes Hard Boiled Egg Blueberries Milk	16 Pop Tart Cheese Stick Apple Sauce Milk	17 Banana Muffin Cheese Stick Fresh Fruit Milk	18 No School
21 Cinnamon Roll Fruit Cup Grape Juice Milk	22 Sausage Patty English Muffin Fresh Orange Slices Milk	23 Cold Cereal Banana Orange Juice Milk	24 Pancake on a Stick Mandarin Orange Apple Juice Milk	25 Blueberries & Yogurt Parfait Scooby Graham Cracker Milk
28 Banana Muffin Cottage Cheese Fresh Apple Slices Milk	29 Oatmeal Banana Orange Juice Milk	30 Nutri Grain Bar Cheese Stick Grape Juice Milk	31 Happy Halloween Scrambled Eggs W/G Toast Apple Juice Milk	
	Menu is subject to change, we will do our best to send out any changes.	Water available daily	Meals served with choice of White or Chocolate Milk	This institution is an Equal Opportunity Employer



Breakfast served

M-F

7:30– 7:50

Please feel free to join your child (ren) ANYTIME

Any questions or comments

email

mbaileyhot-lunch@prairiecatholic.org

Back in the 1830s, ketchup had a surprising job—it was actually sold as medicine! Yep, believe it or not. Dr. John Cook Bennett, an American physician, touted tomato ketchup as a cure-all for common issues like diarrhea, indigestion, and jaundice. He even called his creation “tomato pills” and swore they could do wonders for your health.

Hot Lunch - October 2024

Mon	Tues	Wed	Thu	Fri
	1 Broccoli & Chicken w/ Rice Casserole Romaine Lettuce Salad Chocolate Pudding Apple Slices	2 Chicken Nuggets Mashed Pot/ Gravy Dinner Roll Corn Pears	3 Pulled BBQ Pork /Bun Potato Wedges Peas n Carrots Fruit Cocktail	4 Mozzarella Pizza Stick w/Marinara sauce Green Beans Orange Slices Cookie
7 Mini Corn Dogs French Fries Cooked Carrots Peaches	8 Crispy Chicken /Bun Baked Beans Fresh Veggie cup w/ Dip Apricots	9 Spaghetti w/ Meat Balls Garlic Toast California Blend Veg Tropical Fruit	10 Meat Loaf Mashed Potatoes/ Gravy Wheat Bread Slice Green Beans Mandarin Oranges	11 Grilled Cheese Sandwich Tomato Soup/ Crackers Carrot Sticks w/ Dip Applesauce Brownie
14 Hot Dog on Bun Sun Chips Celery Sticks w/ Dip Pears	15 Chili w/ Beans Crackers Cinnamon Roll Pineapple	16 Scalloped Potatoes & Ham Dinner Roll Broccoli Peaches	17 Cheeseburger /Bun Seasoned Brown Rice Cooked Carrots Strawberries	18 No School
21 Ham & Cheese Sandwich Romain Lettuce Salad Sweet Potato Fries Apple Slices	22 Mac n Cheese Corn Meal Muffin Green Beans Mandarin Oranges	23 Nachos w/Taco Meat Lettuce, Salsa, Cheese Black Beans Applesauce	24 Salisbury Steak Dinner Roll Mashed Pot/ Gravy Peas n Carrots Apricots	25 Fish Sticks French Fries Broccoli & Cauliflower Fruit Cocktail
28 Cheese Quesadilla's Refried Beans Stir Fry Veg Tropical Fruit	29 Waffles Sausage Patty Carrot Stick w/ Dip Blueberries	30 Pizza Corn Chocolate Pudding Grapes	31 Happy Halloween Chicken Alfredo Bread Stick Broccoli Applesauce	
	Menu is subject to change, we will do our best to send out any changes.	Water available daily	Meals served with choice of White /Chocolate Milk	This institution is an Equal Opportunity Employer



Lunch Served
M-W-F
11:15-12:00
Tues-Thu
11:31-12:16

Please feel free to join your child (ren) ANYTIME

Any questions or comments email
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