

OCTOBER 2021



LUNCH



St. Louis Catholic School

Virtue of the Month:

KINDNESS



Thank you Volunteers!

ELC-3rd Grade \$5 Milk only: \$0.25

4th-8th Grade: \$6 Double: \$1 Specify "double" during lunch count.

Alternate Entrée: Sandwiches offered as an alternate entrée.

M/W: *Ham & Cheese* T/TH: *Turkey & Cheese* Friday: *Tuna* Specify "alternate" during lunch count. *Menu Subject to change.*

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



October is National Apple Month. *Did you know that there are about 7,500 varieties of apples? Can you find a new variety of apple to try this month?*

Early Release
NO LUNCH TODAY

1

Mr. Rib Sandwich
Chips
Veggies with Dip
Apple Muffin

4

Chicken Nuggets
Buttered Corn
Garlic Knot
Fruit

5

Taco Bake
Chips & Salsa
Garden Salad
Ice Cream Cup

6

Pancakes
Tri Tator
Yogurt
Cinnamon Apple Slices

7

Baked Fish
Peas & Carrots
Mandarin Oranges
Brownie

8

Chicken Pita Pocket
Macaroni & Cheese
Cucumber Slices
Cookie

11

Corn Dog
Sweet Potatoes
Green Beans
Pudding

12

Chicken Parmesan
Buttered Noodles
Dinner Roll
Fruit Cocktail

13

NO SCHOOL TODAY

14

NO SCHOOL TODAY

15

Hot Dog on Bun
Tri Tator
Pickle
Fruit

18

Spaghetti Marinara
Meatballs
Buttered Corn
Garlic Knot

19

Ranch Chicken
Buttered Noodles
Steamed Vegetable
Cornbread Muffin

20

Grilled Turkey & Cheese
Sandwich
Tomato Soup
Baked Chips
Cookie

21

Bosco Sticks
Marinara Dip Sauce
Green Beans
Diced Pears

22

Grilled Chicken Strips
Sesame Noodles
Red Pepper Strips
Pineapple Tidbits

25

Deli Sandwich
Pretzels
Pickle Spear
Cookie

26

French Toast Casserole
Sausage Patty
Yogurt
Mixed Berries

27

Chicken & Bowtie
Noodle Soup
Whole Grain Crackers
Mozzarella Cheese Stick
Peaches

28

RACE FOR EDUCATION
Lunch for all STL students
provided by PTO.

29