



OCTOBER | 2017

St. Jude's

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Stuffed Pizza 1 ea Salad 1 c Carrots ¾ c Fruit ½ c	3 Mini corn Dogs 6 ea Baked Beans ½ c Celery ½ c Fruit ½ c	4 Turkey and cheese sandwich 1 ea Cucumbers ½ c Malibu Blend ½ c Fruit ½ c	5 Chicken Nachos 2 oz Refried Beans ½ c Lettuce/tomato ½ c Cheese/sour cream 2 oz Tostitos 1 ea Fruit ½ c	6 Mac n cheese 6 oz Spinach Salad 1 c Tomatoes 3 ea Fruitable 1 ea. Fruit ½ c
9 Chicken Patty 1 ea Green Beans ½ c Cauliflower ½ c Fruit ½ c	10 Pizza 1 ea Salad 1 c Carrots 1 c Fruit ½ c	11 Chicken Shapes 3 ea Mashed potatoes ½ c Corn ½ c Fruit ½ c	12 Ham & cheese on pretzel bread 1 ea Malibu Blend ½ c Fruitable 1 ea Fruit ½ c	13 Quesadilla 1 ea Broccoli ½ c Red beans and rice ½ c Fruit ½ c
16 Fajitas 1 ea Refried beans ½ c Corn ½ c Fruit ½ c	17 Gen Tso Chicken 2 oz Rice ½ c Cauliflower ½ c Fruit ½ c	18 Marco's Pizza 1 ea Salad 1 c Carrots ¾ c Fruit ½ c	19 Chicken Wrap 1 ea Broccoli ½ c Lettuce/tomato ½ c Fruit ½ c	20 Ravioli 3 ea Salad 1 c Fruitable 1 ea Fruit ½ c Roll 1 ea
23 Cheeseburger 1 ea Tater Tots 6 ea Green beans ½ c Fruit ½ c	24 Chicken Quesadilla 1 Special Lunch Salad 1 c Broccoli ½ c Fruit ½ c	25 Ham & Cheese sandwich 1 ea Cauliflower ½ c Corn ½ c Fruit ½ c	26 Fall Break	27 FALL BREAK
30 Hot Dog 1 ea Baked Beans ½ c Cauliflower ½ c Fruit ½ c	31 Chicken Shapes 3 ea Potatoes ½ c Peas ½ c Fruit ½ c			

News

Low fat white or fat free chocolate milk served daily with lunch

Have an idea for lunch? Let us know

Menu subject to change without notice