

Meals Served with Fruit, Vegetable and 1% Milk

Mount Calvary School Lunch Menu – October 2021

				1 Build Your Own Sandwich: Turkey, Bologna, Cheddar, Whole Wheat Bread and Vegetable Dippers
4 Dino Nuggets, Corn and a Whole Wheat Roll	5 Meat Balls in Marinara Sauce, Pasta and Garlic Bread	6 Grilled Chicken and Cheese Burrito, Cilantro Rice and Black Beans	7 Sloppy Joe Sliders, Smiley Potatoes and Green Beans	8 Build Your Own Sandwich: Ham, Salami, Co Jack, Whole Wheat Bread and Vegetable Dippers
11 Cheese Burger, Tater Tots and Mixed Vegetables	12 Toasted Ham and Cheese Sandwich and Tomato Basil Soup	13 Taco Roll with Salsa and Shredded Lettuce	14 Chicken Fried Rice, Mini Egg Roll and Carrots	15 Build Your Own Sandwich: Turkey, Ham, Mozzarella, White Bread and Vegetable Dippers
18 Chicken Patty on a Bun with Broccoli Dippers	19 All Beef Hot Dog in a Bun, Corn and Vegetable Chips	20 MEA	21 MEA	22 MEA
25 French Toast Sticks, Hash Brown and Bacon	26 Chicken Tenders, Biscuit and Vegetable Dippers	27 Meat Balls in Marinara Sauce, Pasta and Garlic Bread	28 Toasted Ham and Cheese Sandwich and Tomato Basil Soup	29 Build Your Own Sandwich: Turkey, Bologna, Cheddar, Whole Wheat Bread and Vegetable Dippers

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Please Return lower portion only, keep menu for your convenience.

Student Name _____

Parent Name _____

Food Allergies _____

Indicate lunch by circling the dates: **1 4 5 6 7 8 11 12 13 14 15 18 19 25 26 27 28 29**

Preschool: # _____ of days @ \$3.75 ea. = _____

Contact us at schallenkamps@live.com or 612.805.6873