

St Joan Lunch Menu October 2019

Daidone Dining Services

	Monday	Tuesday	Wednesday	Thursday	Friday
September 30th - October 4th *Preorder for Friday Grandparent/ Special Day	Chicken Tenders Mashed Potatoes, Gravy Green Beans Van or Choc Pudding	Chopped Chicken Bowl With Rice, Corn and Black Beans on side (Cheese & Salsa) Churro	Pizza Day Cheese Pizza Pasta Salad Brownie	Hamburger, French Fries, Corn or Sliced Cucumber Strawberry Yogurt	Grandparents / Special Person Day Penne with Marinara Sauce & Meatballs, Dinner Roll Chopped Salad Dessert * Preorder *
Middle School Option	Individual Pizza	Hamburger	X	Chicken Tender Sub	X
October 7th - 11th	Grilled Cheese Sandwich Chicken & Rice Soup, Carrot Sticks Choc or Van Pudding	NEW! Ham & Cheese Panini (or Ham) Chicken & Rice Soup, Raw Baby Carrots Strawberry Yogurt	Pizza Day Cheese Pizza Pasta Salad Brownie	Yaki Soba Noodles with Orange Glazed Chicken and Asian Vegetables Sugar Cookies	Baked Ziti, Choice of Broccoli or Garden Salad Dinner Roll Cake
Middle School Option	Individual Pizza	Hamburger	X	Chicken Tender Sub	Individual Pizza
October 14th - 18th	Crispy Chicken Sandwich, Tater Tots, Caribbean Blend Vegetables Strawberry Yogurt	Penne with Alfredo Sauce, Grilled Sliced Chicken, Broccoli Dinner Roll Cake	Pizza Day Cheese Pizza Pasta Salad Brownie	Beef Tacos on Flour Tortillas, Steamed Yellow Rice Black Beans Corn Churro	No School
Middle School Option	Grilled Chicken on Ciabatta Bread	Hamburger	X	Individual Pizza	
October 21st - 25th	Boneless Teriyaki Chicken Wings (also available plain) Tater Tots, Peas & Carrots Van or choc Pudding	Penne Pasta with Meat Sauce, Garlic Bread Salad Sugar Cookies	Pizza Day Cheese Pizza Pasta Salad Brownie	Chicken and Cheese Quesadilla Steamed Rice Broccoli Churro	All Beef Hot Dog Chips String Beans Choc Chip Cookies
Middle School Option	Individual Pizza	Grilled Chicken on Ciabatta Bread	X	Hamburger	Chicken Tender Sub
October 28th - November 1st	Penne with Marinara Sauce & Meatballs, Dinner Roll String Beans Cake	Hamburger, Sweet Potato Tater Tots Corn or Sliced Cucumber Strawberry Yogurt	Pizza Day Cheese Pizza Pasta Salad Brownie	Artisan Macaroni & Cheese, Dinner Roll Caribbean Blend Vegetables Cookies	Chopped Chicken Bowl With Rice, Corn and Black Beans on side (Cheese & Salsa) Churro
Middle School Option	Individual Pizza	Chicken Tender Sub	X	Grilled Chicken on Ciabatta Bread	Individual Pizza

Lunches should be ordered, changed or canceled online until 9am each day.

Lunch Options:

Sandwiches / all grades PK-8: Turkey, Ham, Tuna, Cheese, served on choice of a sub roll, WW or white sliced bread, or a wrap. Lettuce and condiments served on side. Chicken Caesar Wrap.

Salad Bar: (Available to Grades 3-8). Begin with fresh greens, top with your choice of crisp vegetables, cheese, turkey, ham, tuna or chicken and dressings to create your own salad. Our Turkey, ham and chicken are all gluten free. GF dressing available.

Fresh whole fruit offered each day. Beverages served include: Low Fat Milk or Choc Milk, Water, 100% Apple Juice.

An assortment of healthy snacks will be available to purchase at lunch and after school (along with beverages).

Available on Tuesday and Thursday at lunch:

Baked Fresh Choc Chip Cookies \$1.00

All breads and commercially prepared cakes and desserts may be prepared on shared equipment. Please take this in to consideration when considering lunch for your child with special dietary needs.