

# St Joan Preschool Menu October 2019

A few menu changes for our little ones!

Please preorder for your child online and choose 1 beverage to be served with their lunch. \*Drinks without a lunch are \$1.00

## Daidone Dining Services

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>September 30<sup>th</sup> - October 4<sup>th</sup></b> *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	<b>Pizza Day</b> Cheese Pizza  Caesar Salad  Brownie	<b>Hamburger Slider, Tater Tots , Sliced Cucumber</b>  <b>Strawberry Yogurt</b>	<b>Grandparents / Special Person Day</b> Penne with Marinara Sauce & Meatballs, Dinner Roll Chopped Salad Dessert <b>* Preorder *</b>
<b>October 7<sup>th</sup> – 11<sup>th</sup></b>	Grilled Cheese Sandwich Chicken & Rice Soup, Carrot Sticks  Choc or Van Pudding	<b>NEW!</b> <b>Hawaiian Roll with Rolled Sliced Turkey, Veggie Straws &amp; Strawberry Yogurt</b>	<b>Pizza Day</b> Cheese Pizza  Pasta Salad  Brownie	<b>Popcorn Chicken, Sweet Potato Tater Tots, Vegetable</b>  <b>Sugar Cookies</b>	Baked Ziti, Choice of Broccoli or Garden Salad Dinner Roll  Cake
<b>October 14<sup>th</sup> – 18<sup>th</sup></b>	Crispy Chicken Sandwich, Tater Tots, Caribbean Blend Vegetables  Strawberry Yogurt	Penne with Alfredo Sauce, Grilled Sliced Chicken, Broccoli Dinner Roll Cake	<b>Pizza Day</b> Cheese Pizza  Caesar Salad  Brownie	Beef Taco Bowl (Lightly seasoned Beef ) Steamed Yellow Rice Black Beans Corn  Churro	<b>No School</b>
<b>October 21<sup>st</sup> – 25<sup>th</sup></b>	<b>NEW!</b> <b>Hawaiian Roll with Rolled Sliced Turkey, Veggie Straws &amp; Strawberry Yogurt</b>	Spaghetti with Meat Sauce, Garlic Bread Salad  Sugar Cookies	<b>Pizza Day</b> Cheese Pizza  Pasta Salad  Brownie	Chicken and Cheese Quesadilla Steamed Rice Broccoli  Churro	<b>Grilled Cheese Sandwich, Sweet Potato Tater Tots String Beans</b>  <b>Choc Chip Cookies</b>
<b>October 28<sup>th</sup> - November 1<sup>st</sup></b>	Penne with Marinara Sauce & Meatballs, Dinner Roll String Beans  Cake	Hamburger Slider, Sweet Potato Tater Tots Corn or Sliced Cucumber  Strawberry Yogurt	<b>Pizza Day</b> Cheese Pizza  Caesar 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

**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**